

Note: <888> 01/31/12 Tuesday 10:55 P.M. I am cooking one of the pizzas, and I will eat half with a 12 ounce glass of SunKist diet orange soda, and I will refrigerate half. It seems unusual that we are having a warmer winter which is good for the heating bills, but I have lived here long enough to know that the warmer weather probably will not last for too much longer.

However, there is no very cold weather in the forecast Greenwich, Connecticut 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W . Maybe the government cloud seeding program changed the weather, or possibly the Gulf Stream moved further east. I don't know why. It is warm in the Midwest Lake Forest, Illinois 7-Day Forecast for Latitude 42.24°N and Longitude 87.86°W and still cold in Wyoming Laramie, Wyoming 7-Day Forecast for Latitude 41.3°N and Longitude 105.58°W (Elev. 7196 ft) and moderate at Redmond, Washington 7-Day Forecast for Latitude 47.67°N and Longitude 122.12°W (Elev. 200 ft) . Cold in Oslo, Norway Weather Forecast and Conditions and colder Moscow, Russia Weather Forecast and Conditions and Vladivostok, Russia Weather Forecast and Conditions , so the eastern hemisphere is getting its normal cold weather. CIO

Note: <888> 01/31/12 Tuesday 10:10 P.M. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I chatted with a couple of locals. I sat out at various locations. I used the bathroom at Starbucks. I stopped by CVS on Greenwich Avenue, and I bought the last 28.3 ounce two di Giorno self rising deluxe pepperoni pizzas buy one get one free for \$7.79 total for both. After I finished my walk, I sat out for a while. I then returned home. I picked up the mail. I chatted with a relative.

Facts of the uniformed Super Bowl XLVI - Wikipedia, the free encyclopedia . Hope it does not snow. I might have relatives with connections in Indiana. I guess all of the corporate people whom can get business tax write offs will be going there. CIO

Note: <888> 01/31/12 Tuesday 6:20 P.M. I will now shower and clean up and put dry skin cream on my feet. I will then go downtown for a walk. CIO

Note: <888> 01/31/12 Tuesday 5:45 P.M. After the last note, I watched "Sherlock Holmes and the Secret Weapon". The series "Waiting for God" is no longer available at Netflix. I went to bed about 5 A.M.. I woke up briefly at noon, when the order with tracking of UPS: Tracking Information on the order for Blue Jean Sweater, Crewneck: Sweaters and Sweatshirts | Free Shipping at L.L.Bean in Colonial Red in XXL Tall less 15% with coupon code "BWH2156" for \$25.49 and \$1.62 tax for \$27.11 total with free shipping arrived. It fits just fine. I went back to bed until 4 P.M.. I ate breakfast of

oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now make up a fresh batch of punch. CIO

Note: <888> 01/31/12 Tuesday 3:25 A.M. I will now shut down the primary work computer, and I will watch some video before going to bed. CIO

Note: <888> 01/31/12 Tuesday 2:55 A.M. Ansonia native, Gen. Samuel Jaskilka, dies - GreenwichTime

I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles sour cream and onion potato chips and a dill pickles slice and a 12 ounce glass of diet SunKist orange soda. CIO

Note: <888> 01/31/12 Tuesday 1:50 A.M. I reviewed my videos <http://www.youtube.com/mikelouisscott/> . CIO

Note: <888> 01/30/12 Monday 11:55 P.M. Tracking is UPS: Tracking Information on the order for Blue Jean Sweater, Crewneck: Sweaters and Sweatshirts | Free Shipping at L.L.Bean in Colonial Red in XXL Tall less 15% with coupon code "BWH2156" for \$25.49 and \$1.62 tax for \$27.11 total with free shipping.

Social Security Calculator – Estimate SSI Retirement Benefits and Income – AARP

SwissEduc - Stromboli online - Nyamuragira

Gorillas in Congo: blog from the Virunga Gorilla Park | Gorilla.cd

citiesonvolcanoes7.com

Nyamuragira Volcano

Franklin Delano Roosevelt birthday

BBC News - Pythons linked to Florida Everglades mammal decline

BBC NEWS | Americas | Snake bursts after gobbling gator

BBC News - Volcanic origin for Little Ice Age

BBC Nature - Gorillas grin 'to reassure friends'

BBC News - Israel tops cyber-readiness poll but China lags behind

BBC News - Can Netflix compete with 'offline' TV? CIO

There is a black squirrel around the Senior and the Arts center in Greenwich, Connecticut BBC Nature - Search for black squirrels begins

Note: <888> 01/30/12 Monday 10:55 P.M. I ate a 18.8 ounce can of Campbell's New England clam chowder with parsley and a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet Canada Dry Ginger Ale.

I watched a www.foxnews.com interview with Donald www.trump.com  
. CIO

Note: <888> 01/30/12 Monday 9:40 P.M. I threw out the garbage. I went downtown, and I went by CVS. I picked up a prescription. I bought a 150 count bottle of CVS fruit flavored antacid tablets for \$3.39 and .22 tax for \$3.61 total. I then went further downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS again, and I used the bathroom, and I bought buy one get one free of Di Giorgno pepperoni supreme self rising frozen pizzas for \$7.79 both. I finished my walk. I figured with all of the Italians in Byram, the new CVS store might be sold out of the pizzas. Also the old Thataway restaurant is still for rent, they just have some of their old British fixtures on display. I also chatted with a relative on my wireless telephone before my walk. I next went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service V-Power premium gasoline for \$4.359 a gallon for 1.835 gallons at odometer reading of 69581 miles for 25.6 miles driving since Thursday January 19, 2012 for 13.950 miles per gallon in mostly local traffic. I then returned home, and I picked up the mail. CIO

Note: <888> 01/30/12 Monday 6:10 P.M. I will now shower and clean up and put foot fungus cream on my feet. I will then go downtown for a walk. CIO

Note: <888> 01/30/12 Monday 5:50 P.M. I woke up at noon, when a relative called. I finally woke up at 4 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I put a new 8 ounce jar of Walgreen's blue automatic bowl fresh in the toilet tank. CIO

Note: <888> 01/30/12 Monday 6:55 A.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/30/12 Monday 6:35 A.M. I watched the movie "Gosford Park" [Gosford Park - Wikipedia, the free encyclopedia](#). CIO

Note: <888> 01/30/12 Monday 3:30 A.M. I ate the other half of the pizza and a 12 ounce glass of diet Sunkist orange soda. CIO

Note: <888> 01/30/12 Monday 2:45 A.M. I renewed my [AARP - Health, Travel Deals, Baby Boomers, Election News, Over 50, Online Games, Retirement Plan](#) membership for another year for \$16. It is now good until May 30, 2013. CIO

Note: <888> 01/30/12 Monday 1:55 A.M. In a few minutes, I will drink a cup of Lipton green tea with Equal sweetener and Borden lemon juice. Back in 1980, when I went out to California to see what Ronald Reagan's group of people were all about, there were a lot of homeless people in Santa Barbara, California, and the camp ground next to Ronald Reagan's ranch had mountain lions, but there were a lot of lemon and avocado groves, and I saw lemons as big as oranges. They even used lemon oil to make the air smell better from all of the stink of sulfur from the off shore oil wells that surrounded the area. To the north of Santa Barbara, near the Hearst ranch, there were hundreds of miles of oil wells and lots of cattle, so somebody had money out in California from what I could tell. Huntington Beach also had lots of oil wells. CIO

Note: <888> 01/30/12 Monday 1:25 A.M. Having been on a night schedule for a good deal of the time since 1965, I have not had as many daytime adventures as most people. Still at night it can be quite peaceful. One has to remember half of the world is awake, when the other half is asleep. Even when I was in Europe, I was frequently on a night schedule. I guess there are so few people awake at night, if one can not find a job in the daytime, one can keep busy with one's own activity at night. When walking around at night, I always see lots of trucks passing by on Interstate I-95, so truckers tend to be awake at night. A lot of the people that do maintenance in the New York City area are awake at night. I suppose they even maintain computers at night, since they are obviously being used in the daytime. Before the internet, they use to write newspapers at night, so they would be ready in the early morning hours. Since it is a bit cold and damp out tonight, I will not be going out for a walk. I don't need anything at the 24 hour CVS nearby, but they have frozen Di Girogno pizzas buy one get one free this week, if one needs a pizza at this hour of the morning. Possibly some of the people returning from Davos might be

traveling through this area, but usually the business community does not bother with ordinary civilians. Although I have a well maintained home office, I have never been able to network with other people, since my neighbors prefer me to keep the privacy of the building particularly during the sleeping hours. I could communicate with people, since I obviously have the capability of communications through the internet. I have read a lot, so I am well versed on a lot of different subjects. However, I only know English and four years of high school French and six years of high school Latin.

I bought my first personal computer in September 1989, and it was a used Apple IIe that I bought used from somebody that worked for J.P. Morgan in Belgium and lived here on Round Hill Road here in Greenwich, Connecticut. I paid a \$100 for it at a tag sale. However, about three months later, I sold it for \$250, and I bought a used Compaq 286 for \$400 from somebody in New Canaan, and my life has evolved ever since. For the first couple of years of personal computers, I would still go to local pubs and talk about computers, but most people thought I was coming from the moon. A few people would use the computer video games at the pubs. After five years of computer telephone bulletin boards, I got on internet with Netcom dialup in September 1994 with a 28,800 baud modem that I paid \$159 for. Even though I have been watching a bit of television recently, I figure my computer instincts will kick back in again, and I will return back to the internet for better or worse. I just can not figure out anything new to do on the internet. I have not looked too much at the developer edition of Windows 8, since it does not seem that much different than Windows 7. Still one has to pursue other routine housekeeping activities besides my rather complex computer network setup. Since the whole world of Greenwich Avenue seems to have embraced the Apple line of products which I am not interested in, I feel left out with the old Windows systems that I maintain. Still they are more practical for my use, since I am not working out of a coffee shop or an airline terminal.

There are a lot of computer programs on the internet with many of them free, but I worry about corrupting my operating systems, if I download and install too many of them. What is somewhat frustrating is that nobody locally seems to be too interested in the technology except for using it on Wall Street applications, which I suppose is important. For home shopping the internet is very useful along with saving money and time. I never got into computer gaming, so I don't know anything about it. There are so many repetitive news stories on the internet, one can always get their daily dose of news without much effort.

The younger generation seems to have embraced the internet for their own purposes, but whether they have the rest of their education needs is opened

to debate. I will now go back to my regular computer and internet routines. CIO

Note: <888> 01/29/12 Sunday 11:50 P.M. I put the U.S.A. flag and the British Union flag up front in the hallway. I threw out the garbage. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/29/12 Sunday 10:55 P.M. I am cooking a Di Giorno self rising supreme pizza. I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it. I will eat half with a 12 ounce glass of diet Canada Dry Ginger Ale, and I will refrigerate the other half. CIO

Note: <888> 01/29/12 Sunday 10:30 P.M. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 01/29/12 Sunday 10:10 P.M. I went back to bed until 7:30 P.M.. I ate four chocolate chip cookies and two slices of Swiss cheese. I chatted with a friend for a while. On the primary work computer, recently it would not go into standby mode. I was able to isolate the problem which was caused by the new USB hub. When I put the old USB hub back on, it now goes into standby mode. CIO

Note: <888> 01/29/12 Sunday 5:40 P.M. I chatted with a relative and a friend.

BBC News - The world's biggest cities: How do you measure them? CIO

Note: <888> 01/29/12 Sunday 4:25 P.M. I went back to bed until just now. CIO

Note: <888> 01/29/12 Sunday 3:00 P.M. I watched Series 2 Episode 8 of "Waiting for God". I went to bed about 3:30 A.M.. I woke up while sleeping, and I ate 10 chocolate chip cookies. I woke up at 1:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I chatted with a friend. CIO

End of Scott's Notes week of 01/29/12:

Note: <888> 01/29/12 Sunday 2:15 A.M. Back in April 1975, when I quit smoking cigarettes for about six months, I got a lot more energy. I camped out and swam at Conyers Farm for a couple of months. I built a raft out of

the old boat house dock which was fun to float around on. About July 1975, I got a post card from Sandy Carlson up in Nantucket, and he told me Jimmy Eldert was up there. I put together some supplies, and I hitch hiked to Cape Cod. I stayed for about a week at the Standard and Poors house in Bourne which was run by the Episcopal archdiocese of Cambridge, Massachusetts. They had lots of government surplus food there. However, it was a commune and nobody did anything, until everyone agreed on the same thing. They were not happy with me, when I found a flag pole along side of the highway one day, and I brought it back to the place. After the Fourth of July, I snuck onto the Martha's Vineyard Ferry, and I hitchhiked and walked around Martha's Vineyard, and one night, I even stay at the Youth Hostile there for free. I was ever given a ride by Phil Silvers and his wife. I recall walking the south shore of Martha's Vineyard too. I then snuck on the ferry boat to Nantucket. While hitchhiking out to the beach, Tony Ferrell gave me a ride to Fair Grounds road, where he had some nieces and nephews camping out. I stayed there at another informal commune for the month or so I was in Nantucket. I looked up Sandy Carlson and Jim Eldert, but they were busy with other friends. One day I walked with some locals to the cove in Madaket, and we were able to get five potato sacks of Quahogs which are large clams, which we sold to Charlie Sayles who sold Nantucket Chowder. I think I made \$20 off that deal which did not last long in Nantucket. I use to hang out at the Nantucket bakery eating defective pastries and helping out. When Fred Von Mierers showed up, he had me to dinner at the Opera House, and I left the following day to go back to Greenwich. In camping out in those locations, I could have gotten what today is known as Lyme Disease but back then was known as Rocky Mountain Spotted fever. In the fall, I went up to Yale, and slept on the sofa at the Yale school for a week, but since I did not have any money for food, I was rather hungry. When I returned back to Greenwich, I came down with Strep Throat, which I took Tetracycline for, which might have also cured the Lyme disease. I started smoking cigarettes around mid October 1975, and after Christmas I moved to Greenville, South Carolina for six months until returning to Greenwich for the Tall Ships in New York Harbor on the Fourth of July 1976 and then back to Nantucket.

I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed after watching some video. CIO

Note: <888> 01/29/12 Sunday 1:15 A.M. Out here in the sticks of Connecticut, we live around Mother Nature for better or worse. In the old days at night, when you hear the Call of the Wild, it might sound like this <http://mikelouisscott.com/wolf.wav> . CIO

Note: <888> 01/28/12 Saturday 11:55 P.M. I made 117 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 7 of "Downton Abbey". CIO

Note: <888> 01/28/12 Saturday 10:10 P.M. BBC News - Bus-sized asteroid to pass by Earth CIO

Note: <888> 01/28/12 Saturday 8:30 P.M. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I stopped by CVS, and I bought a black Magnivision Eyeglass holder strap for \$2 less .50 off with a CVS 25% off coupon and .10 tax for \$1.60 total. I sat out at various locations during my walk. After I finished my walk, I chatted with a local, and I used the bathroom at Starbucks. I then went by Zen Stationary, I bought a number 28 "Cool Cash" scratch card for a dollar, but I lost. If I ever win \$200 or \$300, I might be able to afford to buy an LCD TV, if I have no other expenses. I sat out some more. I then went by the Stop and Shop, and I bought a buy one get one free of six packs of Stop and Shop Lite English muffins for \$2.19 both, a 16 ounce package of Smart Balance lite for \$3.59, bananas for .79 a pound for \$1.03, and a 24 ounce bag of Gordon's fish stick filets for \$3.99 for \$10.15 total. I then returned home. I picked up the mail. The order for Ancient Civilization 2012 Wall Calendar - goHastings for \$2.99 with free shipping arrived. I hung it on the far left living room closet door, and I moved the horse calendar from that location to the sweater closet in the hallway. I will now make and eat the same fish filet dinner as last night. CIO

Note: <888> 01/28/12 Saturday 3:45 P.M. I will now shower and clean up and put foot fungus cream on my feet. I will then go downtown to Greenwich Avenue for a walk. CIO

Note: <888> 01/28/12 Saturday 3:30 P.M. I watched episode 6 of "Downton Abbey". I went to bed about 5 A.M.. I woke up at 1:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a relative. CIO

Note: <888> 01/28/12 Saturday 3:35 A.M. I am only six feet tall and 225 pounds which by the standards of the larger people in the Midwest is average to small. I would like to lose weight, but in the colder climate, it helps to have a little bit of body fat to stay warm in the winter. Although we have had the January thaw recently and a mild winter so far that could all change, since we still have quite a bit time to go before winter is over. Not



many people communicate with me anymore, because most of the people I know, know that I am frequently on a night time schedule. I have gotten good at staying awake at night over the years, but when I have a few daytime appointments, I have change to daytime schedules for them. When I was younger, I would continually stay on a night schedule for months at a time. The nearby new CVS is opened 24 hours, so obviously some of their staff are on night schedules. Since it towards the end of the month, I am lower on funds, and I do not really need anything else. I have plenty of food and other supplies in the apartment. I stock up when various items are on sale. I still have not gotten the dental work on my teeth done yet. I need to have a crown put in which means two dentist visits, when I find a dentist in this area that takes Connecticut Medicaid. One would think with the recession, more local dentists and doctors would take Connecticut Medicaid. Since I have been living on a disability budget since December 1983, I am use to my routines, and I try not to waste any money. I have over invested in computers, but that is what I spend most of my time doing when I am awake besides walking Greenwich Avenue. Also since I am disabled, I tend to sleep a bit more than most people, but I do everything myself, which takes a bit of time also. I am enjoying watching the Sony Media Streaming Netflix content, since I was getting bored of watching political news all of the time. I sometimes think I should quit paying for Digital Cable television, which would save me about \$80 a month, but I like staying in touch with the news when I have the time. Most people that I use to know in Manhattan in the old days did not watch television, so the more urban people have other activities to keep them busy based on what they can afford. However, doing simple routines like grocery shopping can take more time in the City, since people frequently have to carry home their groceries and lung them up the stairs into their apartments. Also laundry can take time in the City too, depending on how close a laundromat is. I am told by my relatives that I should be able to keep a car for the indefinite future which is convenient when one is on a night schedule, since the public transportation does not run at night and the early morning hours. In New York City in the old days, I was frequently the only person on the uptown bus, and it was like my own private livery vehicle. However, I also did an extensive amount of walking in New York City, when I was younger, so I know my way around Manhattan, despite the fact I have only been there four times in the last 20 years. I still think they should put cross walk "don't walk" and "walk" lights on the cross walks, which I did not see on Park Avenue on my last visit four years ago. Also they probably need more public bathrooms, since older people have to go to the bathroom more frequently and with increased security in the City some building are not available to use to go to the bathroom. Thus I am basically more comfortable out here in the Suburbs. Still my web notes show that I have managed to keep busy all

of these years. I will now shut down the primary work computer, and I will watch some video before going to bed. CIO

Note: <888> 01/28/12 Saturday 2:10 A.M. I am cooking 12 ounces of Gorton's fish filets which I will eat with my usual mixture of steamed flavored rice and baby carrots and with broccoli crowns with extra virgin olive oil and Smart Balance spread and a 12 ounce glass of diet Canada Dry Ginger Ale with a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 01/28/12 Saturday 1:10 A.M. [AARP Vitamin Guide, Essential Vitamins, Minerals, Supplements at Age 50+ - AARP Bulletin](#)

[Nyamuragira Volcano](#)

[Deep Carbon Observatory](#)

[Unlocking the Mysteries of the Universe | Consortia | Smithsonian](#)

[Apache OpenOffice - The IBM Edition? - InternetNews.](#)

[BBC News - London 2012: Isles of Wonder theme for Olympic ceremony](#)

I ordered [Blue Jean Sweater, Crewneck: Sweaters and Sweatshirts | Free Shipping at L.L.Bean](#) in Colonial Red in XXL Tall less 15% with coupon code "BWH2156" for \$25.49 and \$1.62 tax for \$27.11 total with free shipping. CIO

Note: <888> 01/28/12 Saturday 12:10 A.M. I put away the laundry. CIO

Note: <888> 01/27/12 Friday 11:30 P.M. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 01/27/12 Friday 11:05 P.M. I have 45 minutes to go on the dry cycles. I installed the Alfa Wireless Network Adapter on the primary Dell Latitude D410 laptop computer. It works fine, but it only get 3 Mbps download. CIO

Note: <888> 01/27/12 Friday 10:25 P.M. I have 20 minutes to go on two wash cycles. I put clean linens on the bed. CIO

Note: <888> 01/27/12 Friday 9:35 P.M. I ate five chocolate chip cookies. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/27/12 Friday 9:00 P.M. I woke up at 5 P.M.. I threw out the garbage and the shipping box. I picked up the mail.

These orders arrived:

Tracking is [USPS.com® - Track & Confirm](#) on the order for [ALFA Wireless Network Adapter 1000mW AWUS036H High Power Wireless G Wifi \(4718050300143\)](#) | eBay for \$19.99 with free shipping.

Tracking is [USPS.com® - Track & Confirm](#) on the order for [ALFAARSN19 Alfa 9dBi WiFi Booster Swivel Antenna](#) | eBay for \$6.99 with free shipping.

Tracking is [USPS.com® - Track & Confirm](#) on the order for [Alfa ALFAUMOUNTCLIP Suction cup or Laptop Mount dock](#) | eBay for \$5.99 with free shipping.

I put the larger antenna on the Alfa wireless network adapter. I installed its Windows 7 drivers which came on the mini CD. I connected it up with the USB cable to a spare USB port on the rear of the primary work computer. It would not work off a USB hub. I placed it on top of the Brother MFC 8840-D all purpose scanner and printer and copier. It works just fine, and although it has a longer range, I am not picking up anymore wireless routers other than the ones that I already got. It gets about 10 Mbps speed download. Still it is a good backup for the cable modem, if the cable modem fails. I left it unplugged with its USB cable hanging off the left monitor hook on the left side. I will leave it disconnected except for when I have to use it. When I have time, I will also set it up on my primary Dell Latitude D410 laptop computer to be able use up in Maine in the summer, if I do not have wireless installed in the house. There is a neighboring motel with wireless. I chatted with a relative.

I will now eat a 18 ounce can of Campbell's New England clam chowder with a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

Note: <888> 01/27/12 Friday 3:20 P.M. I ate a 20 ounce Stouffer's macaroni and cheese dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Canada Dry Ginger Ale. I will now rest some more. CIO

Note: <888> 01/27/12 Friday 2:30 P.M. I put the Peters Stokkebye Norwegian Pipe Tobacco in 22 sixteen ounce Ball Mason jars. I still have two jars of the Turkish pipe tobacco left. CIO

Note: <888> 01/27/12 Friday 1:10 P.M. I woke up at noon, when the order with tracking of [UPS: Tracking Information](#) on the order for 80 ounces of [Peters Stokkebye Norwegian Pipe Tobacco \(ounces\)](#) for \$102 with free shipping arrived. I made my bed again. CIO

Note: <888> 01/27/12 Friday 7:40 A.M. I watched a bit of television. I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 01/27/12 Friday 6:00 A.M. For the order with tracking of [USPS.com® - Track & Confirm](#) on the order for [ALFA Wireless Network Adapter 1000mW AWUS036H High Power Wireless G Wifi \(4718050300143\)](#) | [eBay](#) for \$19.99 with free shipping. There are these device driver installation instructions [WiFi Wiki: Tech Support | Product Reviews | Customer Commentary / Alfa AWUS036H driver installation instructions](#) and [ALFA Network – WLAN, WiFi phone, ADSL, KVM, Bluetooth, PoE Products -- AWUS036H \(Upgrade to 1Watt\) and Windows 7 driver download here 036H Win7 6.1316.1209.2009 UI 1.00.0145.L.zip - 4shared.com - online file sharing and storage - download](#) and [Windows 7 driver power control driver here 036 Win7 PWRC.zip - 4shared.com - online file sharing and storage - download - wang johnson](#) . CIO

Note: <888> 01/27/12 Friday 5:05 A.M. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 01/27/12 Friday 4:40 A.M. I ate five chocolate chip cookies. I watched episode 5 of "Downton Abbey". I went to bed at 9:30 P.M., and I woke up at 3:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk.

I am watching [Bloomberg Television: Live TV - Bloomberg](#) , and they are doing interviews from [The World Economic Forum | World Economic Forum- The World Economic Forum](#) from Davos, Switzerland. They just interviewed [Peter Voser | About Shell](#) and a few economic ministers. I suppose if one goes to Switzerland, one needs to know how to Yodel. In the old days in Switzerland for communications, they used [Alphorn - Wikipedia, the free encyclopedia](#) . My first trip briefly through Switzerland was in the winter of 1972, when I was an art student in Florence, Italy. I got a U-rail pass, so I decided to visit a friend Chuck King who was a student at the University of Grenoble [Université de Grenoble - Welcome to Université de Grenoble](#). I took the local train from Florence to Pisa, and I caught an express train there. As I recall the express train went up the west coast of Italy and cross briefly into Switzerland before dropping me off in Chamonix, France, where I

caught a local train to Grenoble. Although the express train did not actually stop in Switzerland, I think we had to go through Swiss customs on the train. CIO

Note: <888> 01/26/12 Thursday 8:20 P.M. I watched episode 4 of "Downton Abbey". Well, I guess the whole world is still trying to learn how to use and master personal computers which I have already done over the last 20 years or so. Thus I could possibly take some more time out to learn how other things have changed in the world, which I am not aware of. I was told that only 300,000 houses were sold in the United States of America this past year, which works out to 5,000 house per state, which is not too many. Thus I would think it is safe to say, the real estate market is down the tubes, and probably most real estate is over valued, since there is no demand for it. I was also told the real unemployment rate in the United States of America is more like 18 to 19%, since there are a lot of people whom have given up looking for work, along with those working part time jobs and underemployed and not counted over all. The average automobile in the United States of America is 10.5 years old too. Thus with an economy in desperate conditions more people are probably staying home and getting by as best they can manage. There is no point in traveling, since the over all situation is bleak through out the country, and traveling would use up one's resources. I suppose there are also probably a lot of unemployed computer people around the country, so even though we are suppose to be having a high tech revolution, most of those few jobs are probably already filled. Anyone with assets can risk them in the financial markets, but if they don't know how to manage their portfolios, they could suffer severe losses when up against the more professional traders of which there are still quite a few individual in that field around. Since I have always lead a simple life, there is no need for me to change my lifestyle, and I will probably continue on with my simple routines as I have time for. With the elderly generation growing faster in the country with the baby boom generation starting to retire, there will probably be the need for more health care workers and other people in elder care professions. Of course at age 61, I am not exactly ready to push up tulips, so I guess I will gradually evolve in my more senior years.

I will now shut down the computer, and I will go back to bed for a while. CIO

Note: <888> 01/26/12 Thursday 6:50 P.M. [Prison Planet.com](#) » [VIDEO: Military Helicopters Conduct Covert Exercises Over U.S. Bank Building](#) CIO

Note: <888> 01/26/12 Thursday 6:25 P.M. I chatted with a relative and a friend. I ate five slices of deli ham each rolled up with a slice of Swiss

cheese and a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet Canada Dry ginger ale. CIO

Note: <888> 01/26/12 Thursday 4:50 P.M. I chatted with a friend. CIO

Note: <888> 01/26/12 Thursday 4:30 P.M. Tracking is [UPS: Tracking Information](#) on the order for 80 ounces of [Peters Stokkebye Norwegian Pipe Tobacco \(ounces\)](#) for \$102 with free shipping.

[U.K. Geological Society, Information for Authors](#)

[2012 GSA Rocky Mountain Section Meeting](#)

[Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |](#)

[Australia Day - Wikipedia, the free encyclopedia](#)

[BBC News - Davos 2012: Bill Gates commits \\$750m to fight AIDS](#)

[BBC News - First report on UK climate impact](#)

[BBC News - 'Cloaking' a 3-D object from all angles demonstrated](#)

[BBC News - 'Starbursts' and black holes lead to biggest galaxies](#) CIO

Note: <888> 01/26/12 Thursday 3:45 P.M. I threw out the garbage. I picked up the mail. They are taking Energy Assistance applications in the Community Room for the tenants whom have not yet applied. CIO

Note: <888> 01/26/12 Thursday 2:45 P.M. I will now shower and clean up and put foot fungus cream on my feet. I am pretty much over my foot fungus problems, but I will keep applying the CVS Athlete's Foot Cream and the Dry Skin Cream to my feet for a while. It basically developed about a year ago, so it takes about a year to get over it with the various medications. CIO

Note: <888> 01/26/12 Thursday 1:30 P.M. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

[GTAI - Invest](#) CIO

Note: <888> 01/26/12 Thursday 1:50 A.M. I ate five white chocolate chip and macadamia nut cookies. I will now shut down the primary work computer, and I will go to bed soon. I will watch episode 7 of series 2 of "Waiting for God". Maybe if the actors are still alive in the program "Waiting for God", they should make some more episodes. CIO

Note: <888> 01/26/12 Thursday 1:10 A.M. Arachnophobe creates cape woven from spider silk - CNN.com CIO

Note: <888> 01/26/12 Thursday 12:55 A.M. Today only, refurbished Toshiba Satellite Laptop 17 inch LED HD Display, Blue-Ray, 6GB DDR3 SDRAM and Intel Core i7 Processor for \$599.99 Model: P775-S7320 Daily Deals, 1 Sale A Day . New it costs \$829.99 plus a lot of tax at www.bestbuy.com . CIO

Note: <888> 01/26/12 Thursday 12:20 A.M. Lyell Collection: Geological Society Publications Online

Skype's new headquarters: a visual tour

Happy Burns Night from Scotland!

Ronald Reagan Presidential Foundation and Library: Email - \$69.99 Collectibles from the Reagan Library!

Save \$100 on Scottish tours

Make golfing in Scotland your New Year's resolution

BBC News - UK native dog breeds 'at risk of extinction'

BBC News - Ubuntu swaps application menus for HUD control system CIO

Note: <888> 01/25/12 Wednesday 11:50 P.M. I ate three scrambled eggs, and four strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of Canada Dry Ginger Ale. CIO

Note: <888> 01/25/12 Wednesday 10:30 P.M. I went out after the last note. I threw out the garbage. I went downtown, and I used the bathroom at Starbucks. I walked the entire length of Greenwich Avenue and the train station area. I bought a Ace's High scratch card for a dollar at Zen stationary, but I lost. I chatted with a couple of local people. I toured CVS. After my walk, I used the bathroom at Starbucks again. On the way out of town, I noticed the Greenwich Library Greenwich Library: Welcome

was opened until 11 P.M. tonight for exams. I went by the Stop and Shop, and I bought two reduced price six packs of Stop and Shop English muffins for \$1 each, a dozen Egglard extra large eggs for \$1.99 expire March 5, 2012, a 16 ounce package of Smart Balance Lite spread for \$3.59, bananas for .79 a pound for \$1.70 for \$9.28 total. I then returned home, and I put away my groceries. I also picked up the mail. CIO

Note: <888> 01/25/12 Wednesday 6:35 P.M. I ordered 80 ounces of Peters Stokkebye Norwegian Pipe Tobacco (ounces) for \$102 with free shipping.

I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles sour cream and onion potato chips and a dill pickles slice and a 12 ounce glass of diet SunKist orange soda.

I will now go downtown for a walk and some errands. CIO

Note: <888> 01/25/12 Wednesday 5:45 P.M. I made 116 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 3 of "Downton Abbey". CIO

Note: <888> 01/25/12 Wednesday 3:55 P.M. I threw out the garbage. I will now make cigarettes.

Tracking is USPS.com® - Track & Confirm on the order for ALFA Wireless Network Adapter 1000mW AWUS036H High Power Wireless G Wifi (4718050300143) | eBay for \$19.99 with free shipping.

Tracking is USPS.com® - Track & Confirm on the order for ALFAARSN19 Alfa 9dBi WiFi Booster Swivel Antenna | eBay for \$6.99 with free shipping.

Tracking is USPS.com® - Track & Confirm on the order for Alfa ALFAUMOUNTCLIP Suction cup or Laptop Mount dock | eBay for \$5.99 with free shipping.

CIO

Note: <888> 01/25/12 Wednesday 2:50 P.M. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/25/12 Wednesday 1:55 P.M. After the last note, I watched two thirds of "Inside the www.cia.gov". I went to bed at 2 A.M.. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup



of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

Today is the Scottish Robert Burns holiday Burns' Night in United Kingdom .

The World Economic Forum | World Economic Forum-The World Economic Forum is going on in Davos, Switzerland. CIO

Note: <888> 01/25/12 Wednesday 1:15 A.M. I watched Episode 6 Series 2 of "Waiting for God", and the I watched Episode 2 of "Downton Abbey". I ate five white chocolate chip and macadamia nut cookies. I am enjoying watching the internet video, but I have not been doing as much computer work recently. However, quite frankly I can not figure out anymore computer work to do besides blogging. I guess I could read some more technology web sites, but recently I have been enjoying a breather away from so much computer activity. With the colder weather, I do not make it outside as frequently for my walks on Greenwich Avenue. Even if I could afford to visit Manhattan, I don't think I could deal with the stress of the busier environment in the Big City. Thus I have become a creature of my simple routines for better or worse. Since with the Foot Fungus this summer, I did not make it outside as much, I have been on a winter schedule for over a year. Still I am getting a bit of work done at home. The apartment sometimes seems overwhelming with all of the technology items I have installed, but I figure it is better than wasting one's time in Pubs watching sports on television. I have made my own separate peace in the technology world, and I seem to remember how to maintain my systems, when I need to go about it. I suppose to the people using a simple laptop computer with internet access, they do not realize that I am running a much more complex setup in my apartment network. I have the spare parts to maintain my setup for the indefinite future, but I suppose I should also start thinking about what I will be doing as I get older. I do not think I would want to be simply watching politics on television, which seems to take up a lot of the local cable television viewing recently. Downtown Greenwich Avenue is an enjoyable exercise walk without all of the big city problems.

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/24/12 Tuesday 11:15 P.M. I picked up the mail. CIO

Note: <888> 01/24/12 Tuesday 10:35 P.M. I still have not cleaned up. I think I have the FIC home server working properly. I had to change the domain name I.P. address to the correct one. It works properly, when I log

onto it with the primary work computer, but it does not work properly, when I log onto it with the FIC server. However, for now it is fine.

I will now cook and eat a 16 ounce Stouffer's stuffed peppers dinner with grated parmesan and Romano cheese, which I will eat with a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

Note: <888> 01/24/12 Tuesday 8:10 P.M. KLM Journeys of Inspiration

BBC News - Apple posts record \$13.06bn quarterly profits, up 118%

BBC News - Scottish independence: The American perspective

BBC News - Solar storm's effects to lash Earth until Wednesday

BBC News - Oldest dinosaur nest site found CIO

Note: <888> 01/24/12 Tuesday 7:20 P.M. I am doing routine system's maintenance on the FIC server. I ate five white chocolate chip and macadamia nut cookies. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/24/12 Tuesday 5:00 P.M. Optimum Hosting changed the remote server setup, but I think I now have it backup and running properly. Basically the IP address for FTP changed. CIO

Note: <888> 01/24/12 Tuesday 4:15 P.M. I watched Episode 5 Series 2 of "Waiting for God", and the I watched Episode 1 of "Downton Abbey", and I went to bed about 1:30 A.M.. I woke up at 1 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I had problems with my remote server, and hopefully it will be fixed soon. CIO

Note: <888> 01/23/12 Monday 10:55 P.M. I ate a 18.8 ounce can of Campbell's chili with steak and beans and a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet www.coke.com . I will now shut down the primary work computer, and I will watch some video, and then I will go to bed. CIO

Note: <888> 01/23/12 Monday 10:05 P.M. Windows 8: Why the coming beta is likely to be labeled the 'consumer preview' | ZDNet

I ordered Ancient Civilization 2012 Wall Calendar - goHastings for \$2.99 with free shipping.

Other \$2.99 free shipping discount wall calendars at www.gohastings.com and search "wall calendars".

I chatted with a relative. CIO

Note: <888> 01/23/12 Monday 9:05 P.M. I watched On Dangerous Ground (TV 1996) - IMDb . I ate five white chocolate chip and white macadamia nut cookies. CIO

Note: <888> 01/23/12 Monday 6:15 P.M. I ordered ALFA Wireless Network Adapter 1000mW AWUS036H High Power Wireless G Wifi (4718050300143) | eBay for \$19.99 with free shipping.

I also ordered ALFAARSN19 Alfa 9dBi WiFi Booster Swivel Antenna | eBay for \$6.99 with free shipping.

I also bought a Alfa ALFAUMOUNTCLIP Suction cup or Laptop Mount dock | eBay for \$5.99 with free shipping. CIO

Note: <888> 01/23/12 Monday 5:00 P.M. For a change, I am back to display the Dutch tricolor flag and the British Union Jack flag in the hallway. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles sour cream and onion potato chips and a dill pickles slice and a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

Note: <888> 01/23/12 Monday 4:15 P.M. I picked up the mail. I got a UNICEF Holiday card from the The Dutch Royal House and The Dutch Royal House The Queen of the Netherlands . CIO

Note: <888> 01/23/12 Monday 3:45 P.M. First look: Windows 8 breaks new ground

Bird-Watchers Revel in Unusual Spike in Snowy Owl Sightings - NYTimes.com

BBC News - Arctic Ocean freshwater bulge detected CIO

Note: <888> 01/23/12 Monday 2:10 P.M. Rain this afternoon. Greenwich, Connecticut 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W . I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/23/12 Monday 1:40 P.M. Cameras to scan all license plates entering or leaving Tequesta | Video » TCPalm.com . CIO

Note: <888> 01/23/12 Monday 12:40 P.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 01/23/12 Monday 2:10 A.M. I watched The Phantom (1996 film) - Wikipedia, the free encyclopedia . I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/23/12 Monday 12:10 A.M. I ate twelve triscuit crackers with 1.5 inch by 1.5 inch by .15 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese and a day old muffin. CIO

Note: <888> 01/22/12 Sunday 10:50 P.M. There is this Chinese wholesale electronics web site with very good prices Toolscameras , but with shipping and possibly duty, I don't know if it is any cheaper or not. The prices seem too good to be true. CIO

Note: <888> 01/22/12 Sunday 9:40 P.M. Ronald Reagan Presidential Foundation and Library: Email - FREE Ronald Reagan Tribute Book With Your Purchase!

BBC Nature - All-white blackbird photographed

BBC NEWS | Science & Environment | Pink elephant is caught on camera

BBC News - Bioterror fears halt research on mutant bird flu CIO

Note: <888> 01/22/12 Sunday 9:10 P.M. Soon I will drink a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 01/22/12 Sunday 8:40 P.M. I am just about ready to eat 16 ounce Maria Callender chicken pot pie with a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

Note: <888> 01/22/12 Sunday 8:20 P.M. I went out after the last note, and I threw out the garbage. I went by the new CVS store on West Putnam Avenue. It is a large spacious store with all of CVS' usual items. It is a 24 hour store with a 24 hour pharmacy seven days a week. I bought a 16 double roll bundle of Charmin extra soft bathroom tissue for \$9.99 less \$2

off CVS coupon and .51 tax for \$8.50 total. I then went downtown. I cleaned off the snow from the benches at the senior and the arts center, and the veterans monument across the street and the post office plaza and then bench across the street from Starbuck. I chatted with a regular. I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Apple computer store, and I told them about Shop Refurbished iPad - Apple Certified Refurbished iPad with Wi-Fi - Apple Store (U.S.) . I sat out at various locations. I stopped by CVS on Greenwich Avenue, and I bought four 10 ounce Palmolive antibacterial dishwashing detergent for .88 each and .22 tax for \$3.74 total. I used the bathroom at CVS. I then finished my walk. I then returned home. I chatted with someone using the internet in the community room. CIO

Note: <888> 01/22/12 Sunday 4:20 P.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put dry skin cream on my feet. I will then go out. Since it is on my way downtown on the east bound side of West Putnam Avenue, I will stop by the new www.cvs.com at Holly Hill Lane and West Putnam Avenue. I do not really need anything, but they have bundles of Charmin toilet paper on sale for \$9.99, and I have a \$2 off coupon. I am sure all of my usual fans will be downtown waiting for my momentous arrival for a chance to take a walk on the world renown Greenwich Avenue for better or worse. CIO

Note: <888> 01/22/12 Sunday 3:15 P.M. I watched Episode 5 of Series 2 of "Waiting for God". I went to bed about 1 A.M.. I woke up at 2 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. CIO

End of Scott's Notes week of 01/22/12:

Note: <888> 01/22/12 Sunday 12:15 A.M. I ate a day old muffin. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/21/12 Saturday 10:40 P.M. I watched the movie Antitrust (film) - Wikipedia, the free encyclopedia . CIO

Note: <888> 01/21/12 Saturday 8:05 P.M. I ate seven triscut crackers with 1.5 inch by 1.5 inch by .15 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. CIO

Note: <888> 01/21/12 Saturday 7:45 P.M. Greenwich, Connecticut 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W . It is suppose to go down to 16 degrees Fahrenheit tonight. CIO

Note: <888> 01/21/12 Saturday 7:25 P.M. I chatted with a relative. CIO

Note: <888> 01/21/12 Saturday 6:45 P.M. I ate the remaining linguine and tomato meat sauce with grated Parmesan and Romano cheese and a 12 ounce glass of diet Sunkist orange soda. I checked mail downstairs, and either there was no mail delivery today, or I did not get any mail. CIO

Note: <888> 01/21/12 Saturday 5:55 P.M. I made 145 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching the final episode 5 of series 2 of "Monarchy". I renewed Science magazine for another year for \$7. CIO

Note: <888> 01/21/12 Saturday 4:30 P.M. I put away the laundry. Back to making cigarettes. CIO

Note: <888> 01/21/12 Saturday 3:40 P.M. I cleaned about five inches of powdered snow off my Audi. CIO

Note: <888> 01/21/12 Saturday 3:20 P.M. I have 40 minutes to on the dry cycles. I chatted with neighbors. I will now make cigarettes. CIO

Note: <888> 01/21/12 Saturday 2:40 P.M. I put clean linens on the bed. I showered, and I cleaned up, and I put foot fungus cream on my feet. I started two loads of laundry, and I have 20 minutes to go on the wash cycles. I watered the plants. I heard the snow plow outside clearing off the driveway. CIO

Note: <888> 01/21/12 Saturday 1:20 P.M. Tomorrow January 22, 2012 on Sunday, the new www.cvs.com store on West Putnam Avenue at the corner of Holly Hill Lane or Weaver Street is suppose to open. It is a much larger store than the CVS on Greenwich Avenue, and it is supposed to be opened 24 hours a day seven days a week with a 24 hour pharmacy. Also on West Putnam Avenue in the new office complex across the street from the Chrysler dealership besides the Subway Sandwich shop, they have a new wine store and a Auto Insurance Quotes - Car Insurance | Allstate Online Quote insurance office. Unfortunately we do not yet have a 24 hour computer store for Geeks. CIO

Note: <888> 01/21/12 Saturday 1:00 P.M. Norwegian Cruise Line - Cruises, Cruise Deals & Specials, Cruise Ship Vacations, Weekend Getaways CIO

Note: <888> 01/21/12 Saturday 12:30 P.M. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I chatted with a friend. CIO

Note: <888> 01/20/12 Friday 11:25 P.M. I chatted with a friend. I will now shut down the primary work computer, and I will go to bed soon. I will eat a day old muffin before going to bed. CIO

Note: <888> 01/20/12 Friday 9:50 P.M. BBC News - NEOShield to assess Earth defence

BBC News - Hackers retaliate over Megaupload website shutdown

BBC News - Microsoft quarterly profits fall slightly CIO

Note: <888> 01/20/12 Friday 9:30 P.M. I used the hot water method by soaking the old pair and the new pair of glasses in very hot water for 20 minutes. I then popped out the lens from rear to front. I then aligned the slightly larger old glasses' lens with the slightly smaller new glasses lens, and I trimmed the old lens to size with nail scissors and resoaked the new frames and the old lens in hot water again to make them more flexible, and I popped the old lens into the new frame from rear to front. One might need to resoften the lens in hot water in any additional trimming that is needed. When the lens is soft from soaking in hot water, it can be trimmed easily with the nail scissors.

I ate half of the remaining linguine and tomato meat sauce with grated Parmesan and Romano cheese and a 12 ounce glass of diet www.coke.com . CIO

Note: <888> 01/20/12 Friday 8:10 P.M. I was able to trim the old lens on the broken reading glasses and fit them into the new frames. In terms of strength they are about in between my new reading glasses and my old computer glasses. CIO

Note: <888> 01/20/12 Friday 7:35 P.M. I went out after the last note. I went downtown, and I went by the Chase Bank at 19 West Putnam

Avenue. I then went to my 3 P.M. appointment. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I used the bathroom at the senior and the arts center. I chatted with somebody with an Illinois license plate. I played a number 7 Aces High scratch card for a dollar, but I lost. I stopped by CVS, and I used the bathroom. I bought two 12 ounce boxes of Chocolate chip and pecan and macadamia nut cookies for \$5.98 both. I finished my walk. I sat out for a while. I then went by the Greenwich Library, and I chatted with a reference librarian and a local patron. I then returned home. I picked up my mail. The order for Newscaster Men's Eyeglass Frame 55-20-140 Brown Flex | eBay for \$5.95 and \$2 shipping for \$7.95 total arrived. I used the hot water method to remove the lens on both pairs of glasses, but my old broken pair of computer glasses' lens were too large for the new frames. I put the lens back in the glasses. I could try to remove them again, and etch a line on each lens with the new lens, and then cut them with a finger nail scissors to size, which I might do shortly. CIO

Note: <888> 01/20/12 Friday 1:45 P.M. Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

I will now go downtown for my 3 P.M. appointment. CIO

Note: <888> 01/20/12 Friday 1:25 P.M. I broke a dinner plate yesterday, when the Good Seasons Italian dressing bottle fell out of the cupboard into the kitchen sink breaking the orange and yellow dinner plate. However, I have more dinner plates. I threw out the garbage and the old periodical literature. CIO

Note: <888> 01/20/12 Friday 12:35 P.M. \$68.88 5.1 Channel 500 Watt Home Theater Speaker System by Acoustic Audio (AA5550) (784620025291) | eBay

I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/20/12 Friday 11:15 A.M. I woke at 9:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I have a 3 P.M. appointment this afternoon. CIO



Note: <888> 01/20/12 Friday 12:05 A.M. I put the small SanDisk 16GB Micro SDHC Card in the AT&T wireless go phone. I am now charging it up, because its battery was low.

I ate seven triscuit crackers with 1.5 inch by 1.5 inch by .15 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese and a apple tart.

Gary Null - Your Guide To Natural Living

The World of Wayne Green

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/19/12 Thursday 10:15 P.M. I ate three scrambled eggs, and five strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) .

I installed the new hub on the primary work computer, and then I installed the changed USB hub device drivers automatically including the printers. CIO

Note: <888> 01/19/12 Thursday 8:00 P.M. More snow on the horizon - GreenwichTime

Greenwich, Ct. 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W CIO

Note: <888> 01/19/12 Thursday 7:20 P.M. I went downtown after the last note. I walked the entire length of Greenwich Avenue and the train station area. I noticed that the old closed Thataway restaurant has some activity going on inside of it. There is a red British telephone box and bar stools with the British Union Jack on them. I don't know if they are left from the old Thataway restaurant or if they are opening a new British pub in that location. We will have to wait and see. I chatted with a friend on my wireless telephone midway through the walk. I saw somebody that looked like Fred Von Mierers going into the Sundown Saloon, so maybe his look alike is around. I stopped by CVS, and I bought a three pack of Brita water filters for \$14.99 and .95 tax for \$15.94 total. I also got \$5 in CVS Bonus Bucks. I With the \$5 in CVS Bonus Bucks, I bought a two pack of Glade Hawaiian Breeze plug in refills. I used the bathroom at CVS. I finished my walk, and I sat out at various locations. I then went by the Greenwich Library, and I read [www.pcworld.com](http://www.pcworld.com) magazine. I said hello to a regular patron whom I had not seen in a while. I used the bathroom at the

library. I then went by the Stop and Shop, and I bought a six pack of Stop and Shop English muffins for \$1.49, a 16 ounce Stouffer's stuffed peppers for \$2.50, a two pound bag of baby carrots for \$2.50, broccoli crowns for \$1.99 a pound for \$1.20, a sweet onion for \$1.69 a pound for \$1.34 less 45 cents can return for \$8.58 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$14.05 of V-Power self service premium gasoline for \$4.099 a gallon with a dime a gallon off with my Stop and Shop card for 3.427 gallons at odometer reading of 69555 miles for 37.3 miles driving since Friday January 6, 2012 for 10.855 miles per gallon in local downtown traffic. I then returned home, and I picked up the mail.

The order with tracking of [Package ID Results](#) for the order for a Titan High Speed 10 Port USB 2.0 hub from [Wireless Daily Deal, 1 Sale A Day](#) for \$4.99 and \$4.99 shipping for \$9.98 total arrived.

The order with tracking of [Package ID Results](#) on the order for a SanDisk 16GB Micro SDHC Card for \$4.99 [Wireless Daily Deal, 1 Sale A Day](#) and \$4.99 shipping for \$9.98 total arrived.

I chatted with a relative. CIO

Note: <888> 01/19/12 Thursday 2:35 P.M. I made up a batch of [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) or [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) . I ate one third of it and refrigerated two thirds in a Rubbermaid container, and I ate it with grated parmesan and Romano cheese and a 12 ounce glass of Canada Dry Ginger Ale. I will now dress up warmly, and I will go downtown to take a walk. CIO

Note: <888> 01/19/12 Thursday 1:05 P.M. [\\$118 Walmart.com: Sony DAV-TZ130 5.1 DVD Home Theater System with USB Movie/Music Playback: Home Audio & Theater](#)

I chatted with a relative. CIO

Note: <888> 01/19/12 Thursday 12:20 P.M. [Photography pioneer Kodak files for bankruptcy | Reuters](#)

[Eastman Kodak Files for Bankruptcy - NYTimes.com](#)

[Ben's Outlet](#)

I chatted with a friend. CIO

Note: <888> 01/19/12 Thursday 11:05 A.M. [How to Replace Eyeglass Lenses | eHow.com](#)

I had a telephone call from somebody speaking broken English, but the phone line was disconnected.

ARE3RA

Iamaphoney

iamaphoney's Channel - YouTube CIO

I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/19/12 Thursday 10:10 A.M. I ate an apple tart. I watched episode 4 of series 2 of "Monarchy". I went to bed at 12:30 A.M.. I woke up at 8:30 A.M.. My appointment this afternoon was changed to tomorrow afternoon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

A little known fact is that [Blackstone – Leading Investment and Advisory Firm](#) has an office across the street from the north side of the Greenwich, Connecticut railroad station. So besides [J.P. Morgan](#) across the street from the [Greenwich Library: Welcome](#) , Greenwich, Connecticut has a number of other leading financial institutions. CIO

Note: <888> 01/18/12 Wednesday 11:25 P.M. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles salt and vinegar potato chips and a dill pickles slice and a 12 ounce glass of Canada Dry Ginger Ale. I will now shut down the primary work computer, and I will watch some video before going to bed. CIO

Note: <888> 01/18/12 Wednesday 10:30 P.M. [Expedición Geofísica de Santiaguito](#)

CCC-IAVCEI

BBC News - 'Camera Solo': Singer Patti Smith's first Polaroid exhibition CIO

Note: <888> 01/18/12 Wednesday 9:20 P.M. I went out after the last note. I threw out the garbage. I went downtown, and I went by CVS, and I

picked up a prescription. I then went further downtown, and I walked the entire length of Greenwich Avenue and the train station area. On the way up Greenwich Avenue, I stopped by CVS again, and I bought buy one get one 50% off of 8 inch by 10 inch glass and mahogany Savannah frames for \$5.99 and \$2.99 and .57 tax for \$9.55 total. After my walk, I sat out for a while. I used the bathroom at Starbucks. I chatted with the night person at the Senior and the Arts center. I then went by the Stop and Shop, and I bought four day old muffins for \$2, a six pack of day old Kaiser rolls for \$1.49, and bananas for .79 a pound for \$1.98 for \$5.47 total. I then returned home. I picked up the mail. In one frame, I put the latest Christmas photo of George and Laura Bush and in the other frame, I put the 1980 picture of Ronald and Nancy Reagan and George H.W. Bush and Barbara Bush at the Republican convention, and I hung them above each other to the left of the kitchen cabinets above the coffee machines. I chatted with a relative. I took up the six foot by two foot throw rug in the living room in front of the closets, and I stored it away. It interfered with opening the closets. CIO

Note: <888> 01/18/12 Wednesday 4:45 P.M. I will now make my bed. I will then shower and clean up and put foot fungus cream on my feet. I will then go downtown to the Siberian Tundra of Greenwich Avenue. CIO

Note: <888> 01/18/12 Wednesday 4:15 P.M. I ate seven triscut crackers with 1.5 inch by 1.5 inch by .15 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. Instead of cleaning up after the last note, I took a nap. The order with tracking of [FedEx® Tracking - Shipping - Freight - Delivery Services](#) on the order for [four Amazon.com: Country Life RNA/DNA 100 mg/10 mg, Tablets, 100-Count: Health & Personal Care](#) for \$6.98 each bottle with free shipping on a \$25 order for \$27.92 total arrived.

I am just about ready to eat a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese and a 12 ounce glass of diet Sunkist orange soda. CIO

Note: <888> 01/18/12 Wednesday 11:25 A.M. I ate an apple tart and seven triscut crackers with 1.5 inch by 1.5 inch by .15 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. I guess the wealthier unemployed people in Greenwich, Connecticut go downtown to try to put in a more prosperous appearance at Starbucks trying to look like they are doing something, when in effect they are not doing very much but enjoying the local coffee bean economy. I guess the wealthier people whom can afford cars go to the fast food restaurants on West Putnam Avenue for their java drinks. Nobody has communicated with me today, so I guess they do

not need me downtown for my invaluable skills at observation of the local activity on Greenwich Avenue.

I guess I will now shower and clean up and put foot fungus cream on my feet. They are cleaning the garbage chute next to my apartment today, so there is a little bit of extra noise this morning. CIO

Note: <888> 01/18/12 Wednesday 8:15 A.M. I watched Episode 3 Series 2 of "Waiting for God". I went to bed about 10:30 P.M., and I woke up at 6 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 01/17/12 Tuesday 9:50 P.M. I chatted with a relative. I ate six white chocolate chip and macadamia nut cookies. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/17/12 Tuesday 8:30 P.M. Mountain lion fever has some in Conn. calling for answers - GreenwichTime

Connecticut Mountain Lion

CT Mountain Lion Petition

State patrol, Coast Guard find nothing in two-hour search for Jekyll Island plane crash | jacksonville.com

34th IGC - Congress Venue

Benjamin Franklin (American author, scientist, and statesman) -- Britannica Online Encyclopedia

iamaphoney's Channel - YouTube

The order with tracking of UPS: Tracking Information on the order for a regular XXL in navy and colonial red Blue Jean Sweater, Crew Stripe: Sweaters and Sweatshirts | Free Shipping at L.L.Bean for \$22.95 less 15% off with coupon code "JSK5165" and free shipping for \$19.54 and \$1.24 tax for \$20.78 total arrived.

BBC News - Herschel telescope revisits cosmic classic

BBC News - Lost Charles Darwin fossils rediscovered in cabinet

BBC News - Researchers praise Scott's South Pole scientific legacy CIO

Note: <888> 01/17/12 Tuesday 6:10 P.M. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles salt and vinegar potato chips and a dill pickles slice and a 12 ounce glass of diet Sunkist orange soda. I chatted with two friends. CIO

Note: <888> 01/17/12 Tuesday 4:30 P.M. I chatted with a relative. I signed my lease with the Greenwich Housing Authority representative. I chatted with a neighbor. I made 144 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 3 of series 2 of "Monarchy". I used a small OOK nail to hang the left side of the new U.S.A. flag, so it is strung up properly. CIO

Note: <888> 01/17/12 Tuesday 2:25 P.M. I threw out the garbage, and I chatted with a neighbor. I did a Windows Complete PC backup of both partitions on the primary work computer to the third internal hard drive. I then did another backup to the Western Digital SATA external hard drive. I started making cigarettes while watching Episode 3 of Series 2 of "Monarchy". I chatted with a friend. The order with tracking of USPS.com® - Track & Confirm on the order for American Flag 4ft x 6ft Valley Forge Koralex II 2-Ply Sewn Polyester for \$32.95 with free shipping arrived. I hung it over the right hallway bookcase with the British Union Jack over the left hallway bookcase. I went downstairs to sign up to sign my lease, and it will take a while before my turn comes. I picked up the mail. CIO

Note: <888> 01/17/12 Tuesday 10:50 A.M. I put two new AA alkaline batteries in the primary work computer Microsoft Wireless 6000 mouse. CIO

Note: <888> 01/17/12 Tuesday 10:30 A.M. I woke up during the night, and I ate five white chocolate chip and macadamia nut cookies. I finally woke up at 8:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with the Greenwich Housing Authority representative about the east side door by the baseball field not working properly. I went downstairs and showed the building custodian the problem, and the building custodian sprayed the lock with WD-40 lubricant. I will now shower and clean up and put dry skin cream on my feet. I have to sign my new lease today in the community room between 2

P.M. and 4 P.M.. It is suppose to be up to 75 degrees Fahrenheit today. CIO

Note: <888> 01/16/12 Monday 10:20 P.M. I ate a Stauffer's 16 ounce white turkey breast meat dinner with a 12 ounce glass of diet Sun Kist orange soda. I chatted with a relative twice. I installed the Windows Updates on the primary work computer.

Tracking is Package ID Results for the order for a Titan High Speed 10 Port USB 2.0 hub from Wireless Daily Deal, 1 Sale A Day for \$4.99 and \$4.99 shipping for \$9.98 total.

Watch TV On Your iPad, iPod or Smartphone | iO TV

Tracking is FedEx® Tracking - Shipping - Freight - Delivery Services on the order for four Amazon.com: Country Life RNA/DNA 100 mg/10 mg, Tablets, 100-Count: Health & Personal Care for \$6.98 each bottle with free shipping on a \$25 order for \$27.92 total.

I will now shut down the primary work computer, and I will go to bed soon.

I will eat four white chocolate chip cookies with macadamia nuts and a apple tart before going to bed. CIO

Note: <888> 01/16/12 Monday 7:35 P.M. I chatted with a friend twice. Today before I went out, I knocked the picture frame with the family pictures off the left side of the right living room closet door. It broke its glass. I took the pictures out of it, and I put in the Plexiglas frame from the kitchen, and I hung it back up on the closet door. The pictures that I took out of the Plexiglas frame are some old Republican party pictures which I put with broken frame, and I placed it all on the table on the left side of the bed in the bedroom.

I have a second pair of computer glasses with a broken hinge that I tried to weld. The frames can not be repaired. I measured the broken frame, and I ordered this frame which I could possibly put the lens in to have a spare pair of computer glasses Newscaster Men's Eyeglass Frame 55-20-140 Brown Flex | eBay for \$5.95 and \$2 shipping for \$7.95 total. CIO

Note: <888> 01/16/12 Monday 5:15 P.M. I went out after the last note. I went by Radio Shack in Cos Cob, and I toured the store. The have a Vizio or Hitachi 32 inch 720p HDTV there for \$299.99 plus tax. The www.radioshack.com web site does not indicate those prices, so maybe it is an in store special. I then toured CVS. I then picked up my new pair of

reading glasses. I did not have my eyes dilated, and I will do that sometime in the future. I noticed at the liquor store across from CVS at the Cos Cob shopping plaza, they have lots of cases of wine from Oyster Bay, New Zealand. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I used the bathroom at Starbucks. I toured CVS. I sat out at various locations. I then returned home, and I chatted with a neighbor. There is no mail today, since it is a holiday. I put a CVS eye glass strap on my new eye glasses. However, for some reason the left monitor on my computer setup is blurry with them, so I will continue to use my old pair of eye glasses for the computer. I suppose my eyes would adjust to the new glasses, but I don't want to try that yet. The new reading glasses are very sharp and clear for reading print though, which my old eye glasses are not too good at. CIO

Note: <888> 01/16/12 Monday 12:35 P.M. [St Barts Vacation guide - St Barts villa rentals, Hotels Reservations, properties for sale, car rental, real estate, beaches, webcam views - St Barthelemy vacation | St Barths Online](#)

I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles salt and vinegar potato chips and a dill pickles slice and a 12 ounce glass of diet Sunkist orange soda.

I will now get ready and go out for my 2:30 P.M. appointment. CIO

Note: <888> 01/16/12 Monday 11:55 A.M. Prince Charles' [The Prince of Wales \\$100 million restoration Dumfries House](#) .

Just to reflect the local cold weather, I put the Scottish Cross of St. Andrew's and the Swedish flags up front in the hallway. CIO

Note: <888> 01/16/12 Monday 11:20 A.M. I put a new Glade Hawaiian Breeze refill in the kitchen.

[Toshiba Satellite L775D-S7135 Laptop \\$449.99](#)

I chatted with a friend. CIO

Note: <888> 01/16/12 Monday 10:30 A.M. [Prison Planet.com » The Aspartame Trap: You May Be Unknowingly Ingesting this Toxic Sweetener Comments Feed](#) CIO

Note: <888> 01/16/12 Monday 10:20 A.M. I threw out the garbage. The repair person is working on the building elevator. I left a message with the



Greenwich Housing Authority answering service about another building repair that needs to be done. CIO

Note: <888> 01/16/12 Monday 9:20 A.M. I thought the whole point of the internet was to get people off of watching too much television.

Tracking is UPS: Tracking Information on the order for a regular XXL in navy and colonial red Blue Jean Sweater, Crew Stripe: Sweaters and Sweatshirts | Free Shipping at L.L.Bean for \$22.95 less 15% off with coupon code "JSK5165" and free shipping for \$19.54 and \$1.24 tax for \$20.78 total.

I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/16/12 Monday 8:25 A.M. I woke up during the night, and I ate five white chocolate chip and macadamia nut cookies and two apple tarts. I finally woke up at 7 A.M. this morning. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. It is 13.5 degrees Fahrenheit outside. I chatted with a friend. I noticed yesterday, when I was driving around down by Steamboat Road, there were signs for an "Open House" in Indian Harbor. I used to have a relative that lived there, and it became more upscale in Indian Harbor when Donald Trump used to live there. CIO

Note: <888> 01/15/12 Sunday 8:25 P.M. Ronald Reagan Presidential Foundation and Library: Email - Last Chance to Get Your Ronald Reagan Centennial Collectibles!

I watched part of 60 Minutes. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. I have a 2:30 P.M. appointment tomorrow. CIO

Note: <888> 01/15/12 Sunday 7:00 P.M. I ate a 19 ounce can of Campbell's chunky chili with beans and beef which I seasoned with Italian seasoning, Old Bay seasoning, ground black pepper and garlic powder, and I ate it with a 12 ounce glass of Sunkist diet orange soda. I am throwing out a 15 ounce box of stale Stop and Shop saltine crackers. CIO

Note: <888> 01/15/12 Sunday 5:55 P.M. I went out after the last note. I threw out the garbage. I went downtown, and I stopped by CVS, and I picked up a prescription. I then went further downtown, and I walked Greenwich Avenue and the train station area. I chatted with a few locals. I

stopped by Zen Stationary, and I played a Casino Kings scratch card for a dollar, but I lost. I stopped by CVS, and I bought two 12.5 ounce boxes of white chocolate chip and macadamia nut cookies for \$5.98 both. I used the bathroom at CVS. I then bought two 9.5 ounce boxes of Triscuit crackers for \$5 both. I then finished my walk. I sat out some more. I then drove down by the waterfront on Steamboat Road. I then drove through Bruce Park and north on Indian Field Road, and then I drove west on East Putnam Avenue to the Greenwich Library. I took the longer drive to charge up the Audi car battery a bit. I then read the Architectural Digest February 2012 article on the Scottish Country House that Prince Charles restored for over a \$100 million dollars. From what I can tell, it is quite nice. I then went by the Stop and Shop, and I bought six day old apple tarts for \$2, Stop and Shop deli sliced premium ham for \$5.99 a pound for \$9.16, Stop and Shop deli sliced domestic Swiss Cheese for \$7.99 a pound for \$12.02, a 1.5 quart container of Turkey Hill butter pecan ice cream for \$3, a quart jar of Hellmann's olive oil mayonnaise for \$4.99 for \$31.17 total. I then returned home, and I put away my groceries. There were a lot of people downtown today, so I guess we have a northern group of people around here whom are not afraid of the cold. CIO

Note: <888> 01/15/12 Sunday 12:30 P.M. I ate a 12 ounce sautéed top round London Broil with Lea and Perrins Worcestershire sauce with my usual steamed flavor rice mixture with slices of baby carrots and bits of broccoli crowns with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of Canada Dry Ginger Ale and a cup of green tea with Equal sweetener and Borden lemon juice. I chatted with a relative. I will now go downtown for a breath of fresh air. I will take one of my jump start systems with me in case I see anyone that needs a jump start. CIO

Note: <888> 01/15/12 Sunday 10:40 A.M. I chatted with a friend. I have the paper work ready for signing my new lease with the Greenwich Housing Authority this Tuesday afternoon. CIO

Note: <888> 01/15/12 Sunday 8:10 A.M. I will now shower and clean up and put foot fungus cream on my feet. I guess on the colder days of the year, most people stay inside as best they can.

[John Pennenkamp Coral Reef State Park](#)

[Florida Keys Luxury Resort – Cheeca Lodge & Spa – Islamorada Florida Hotel Resort](#)

[Luxury Caribbean Resorts & Beach Vacations | Caneel Bay | Luxury Virgin Island Resort & Getaway](#)

Virgin Islands National Park (U.S. National Park Service)

Welcome to Mt Irvine

CIO

Note: <888> 01/15/12 Sunday 7:05 A.M. Increasing gas prices again irk Greenwich-area consumers - GreenwichTime

Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine CIO

Note: <888> 01/15/12 Sunday 7:00 A.M. I ate two scoops of butter pecan ice cream. I watched episode 2 of series 2 of "Waiting for God". I went to bed about 4 P.M.. I woke up, and I ate a 8.5 ounce bag of Chex Mix 60% reduced fat. I finally woke up at 5:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. It was 15 degrees Fahrenheit outside, when I woke up this morning. I have turned the heat up a bit. CIO

End of Scott's Notes week of 01/14/12:

Note: <888> 01/14/12 Saturday 3:10 P.M. Stowe, Vermont will be minus 7 degrees Fahrenheit the next couple of nights 7-Day Forecast for Latitude 44.47°N and Longitude 72.68°W . I will now send out my weekly notes. I will then watch some video before going to bed. CIO

Note: <888> 01/14/12 Saturday 1:10 P.M. I chatted briefly with a relative. I ate a 18.8 ounce can of Campbell's Harvest Select low fat clam chowder with dried parsley and with a Kaiser roll with Smart Balance Spread and a 12 ounce glass of Canada Dry Ginger Ale. CIO

Note: <888> 01/14/12 Saturday 12:20 P.M. I went out after the last note. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I saw in the Greenwich Newsstand window a copy of Architectural Digest for February 2012 showing a picture of Prince Charles and a article by him about the best country house in Scotland. On the way up Greenwich Avenue, I ran into a regular walker whom I walked upper Greenwich Avenue with. We then went east as far as Whole Foods, and we sat out for a long time enjoying the ambience. I used the bathroom at Whole Foods. We then toured the vast array of premium gourmet food

for sale. We were given a tid bit piece of cooked garlic London Broil to wet out appetites. Beef Tenderloin there is \$30 a pound. We next walked over to the Wells Fargo Bank on Lafayette Place, and I sat outside while the other walker used the bank. I noticed that Office Building at Lafayette Place needs a new U.S.A. flag, since theirs in frayed in the wind. We then walked down Greenwich Avenue, and we sat out across the street from J. Crew. We then went by Zen Stationary, and the other walker checked a lottery card. I departed from the other walker at his residence. I then used the bathroom at Starbucks. I then sat outside for a while. It was not too busy downtown. I then drove over to CVS, and I bought three 12 packs of 12 ounce diet Canada Dry Ginger Ale for \$10 all, two 12 packs of 12 ounce diet 7-Up and a 12 pack of 12 ounce diet Coke for \$10.01 all and \$3.60 can deposit for \$23.61 total. I then went by the Stop and Shop, and I bought a six pack of day old English muffins for \$1.49, a 59 ounce Florida Natural orange juice for \$3, two 16 ounce Stauffer's stuffed peppers for \$2.50 each, one 16 Stouffer's sliced turkey dinner for \$2.50, and a 20 ounce Stouffer's macaroni and cheese for \$2.50 and fresh bananas for .79 a pound for \$2.15 less 70 cents for returned cans for \$15.94 total. I then returned home, and I used my little folding cart from the trunk of the Audi to bring up my purchases. I put them away. I then put the little folding cart back in the trunk of the Audi, and I moved the Audi to its usual parking place. CIO

Note: <888> 01/14/12 Saturday 6:40 A.M. I did not eat a Nature's Valley 1.3 ounce trail mix bar. I will then shower and clean up and put dry skin cream on my feet. I will then go downtown in the Siberian weather of Greenwich, Connecticut, and I will go for a walk. CIO

Note: <888> 01/14/12 Saturday 6:25 A.M. Tracking is Package ID Results on the order for a SanDisk 16GB Micro SDHC Card for \$4.99 Wireless Daily Deal, 1 Sale A Day and \$4.99 shipping for \$9.98 total.

The Republican Party of Connecticut

BBC News - Italy cruise ship Costa Concordia aground near Giglio

BBC News - Questions about how accidents happened to Concordia

Regis sells Greenwich home for \$3 million - GreenwichTime CIO

Note: <888> 01/14/12 Saturday 6:00 A.M. I ordered a Titan High Speed 10 Port USB 2.0 hub from Wireless Daily Deal, 1 Sale A Day for \$4.99 and \$4.99 shipping for \$9.98 total. CIO

Note: <888> 01/14/12 Saturday 5:00 A.M. I put away the laundry. I threw out the garbage and the old periodical literature. I watered the plants. I cleaned the Ionic Pro air purifier. CIO

Note: <888> 01/14/12 Saturday 4:05 A.M. After the last note, I woke up at 7:30 P.M., and I chatted with a friend. Apparently the United States government trains the United States Customs Service personnel near Sea Island, Georgia, and they train the United States Secret Service Agents near Brunswick, Georgia. I ate two 1.2 ounce Nature's Valley trail mix bars. I finally woke up at 2 A.M.. I started two loads of laundry, and I have 10 minutes to go on the dry cycles. I put clean linens on the bed. I ate breakfast of oatmeal with honey and without a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. CIO

Note: <888> 01/13/12 Friday 4:55 P.M. I watched part of a Bob Hope movie. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/13/12 Friday 3:35 P.M. I threw out the garbage. I picked up the mail. CIO

Note: <888> 01/13/12 Friday 2:40 P.M. I took down the Christmas wreath off the front door and the small artificial Christmas tree, and I put them away. CIO

Note: <888> 01/13/12 Friday 2:20 P.M. Tracking is [USPS.com](http://USPS.com)® - Track & Confirm on the order for [American Flag 4ft x 6ft Valley Forge Koralex II 2-Ply Sewn Polyester](#) for \$32.95 with free shipping. CIO

Note: <888> 01/13/12 Friday 2:00 P.M. I chatted with a relative. CIO

Note: <888> 01/13/12 Friday 1:00 P.M. [New KLM service to Lusaka, Zambia](#)

[VUELCO | Volcanic Unrest in Europe and Latin American Countries](#)

[Prohibition's Premier Hooch Hounds | Past Imperfect](#)

[Cunard FEEL FAMOUS SALE!](#)

[Volcandpark, 21-25 May 2012, Olot](#)

EGU2012

BBC News - Seabird foraging areas 'key for conservation'

BBC News - Processed meat 'linked to pancreatic cancer'

BBC News - IBM researchers make 12-atom magnetic memory bit CIO

Note: <888> 01/13/12 Friday 10:55 A.M. I ate a 12 ounce sautéed top round London Broil with Lea and Perrins Worcestershire sauce with my usual steamed flavor rice mixture with slices of baby carrots and bits of broccoli crowns with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 01/13/12 Friday 9:30 A.M. I ordered in regular XXL in navy and colonial red Blue Jean Sweater, Crew Stripe: Sweaters and Sweatshirts | Free Shipping at L.L.Bean for \$22.95 less 15% off with coupon code "JSK5165" and free shipping for \$19.54 and \$1.24 tax for \$20.78 total.

\$259.99 with free shipping KDL-32BX300 | REFURBISHED - 32" BRAVIA BX300 Series HDTV | Sony | Sony Store USA

\$129.99 Apple iPhone 3G (AT&T) Cell Phone 8GB Refurbished (607375045287) | eBay CIO

Note: <888> 01/13/12 Friday 8:30 A.M. I made 131 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 2 of series 2 of "Monarchy".

It is Friday the 13th, everyone should stay inside today. CIO

Note: <888> 01/13/12 Friday 6:30 A.M. I threw out the garbage. I picked up the mail. I will now make cigarettes. CIO

Note: <888> 01/13/12 Friday 4:50 A.M. I rested after the last note. I then watched Episode 1 in Series 2 of "Monarchy". I ate two scoops of butter pecan ice cream. I also ate a 14.5 ounce can of Campbell's spaghetti and meatballs with a 12 ounce glass of Canada Dry Ginger Ale. I also ate some Pringles barbecue potato chips. I watched Episode 1 Series 2 of "Waiting for God". I rested, and I chatted with a relative at 5:30 P.M.. I then went back to bed until 3:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and

supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put foot fungus cream on my feet. CIO

Note: <888> 01/12/12 Thursday 9:35 A.M. I chatted with a friend. I will now shut down the primary work computer, and I will go to bed soon. I will probably watch some video first. CIO

Note: <888> 01/12/12 Thursday 7:55 A.M. I ordered four Amazon.com: Country Life RNA/DNA 100 mg/10 mg, Tablets, 100-Count: Health & Personal Care for \$6.98 each bottle with free shipping on a \$25 order for \$27.92 total. CIO

Note: <888> 01/12/12 Thursday 7:40 A.M. I ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of diet www.coke.com . CIO

Note: <888> 01/12/12 Thursday 6:35 A.M. Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

IUGG Conference on Mathematical Geophysics

Illuminati Publicly Took Credit For The JFK Assassination

RBS to cut 3,500 jobs in investment bank shake-up

BBC News - World's smallest frog discovered

<http://mikelouisscott.com/photo/mike-scott-picture-of-visitors-at-courchevel-1550-albertville-france-winter-olympics-1992.jpg>

CIO

Note: <888> 01/12/12 Thursday 12:50 A.M. After the last note, I rested. I then chatted with a relative. I watched Episode 6 of "Monarchy". I went to bed about 2 P.M.. About 3 P.M., I had a telephone call to schedule and eye appointment next week to pick up my new reading glasses. I finally woke up at 11 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/11/12 Wednesday 10:45 A.M. I chatted with a relative. I ate the other half of the pizza with a Canada Dry Ginger Ale. I will now shut down the primary work computer, and I will take a nap. CIO

Note: <888> 01/11/12 Wednesday 8:40 A.M. 'Critical' Windows Media flaws put millions at risk | ZDNet

BBC News - Minister Moore 'happy to sort out' legal referendum

BBC News - Alaska snow and ice cuts off Cordova and Nome

BBC News - Pandas move into 'wildlife training' habitat

BBC News - 'El Gordo' is largest distant galaxy cluster ever seen

BBC News - Cayman vents are world's hottest

BBC Nature - Crested macaque monkeys follow friends before family CIO

Note: <888> 01/11/12 Wednesday 8:05 A.M. I showered, and I cleaned up. I put dry skin cream on my feet. I threw out the garbage. I picked up the mail. CIO

Note: <888> 01/11/12 Wednesday 6:00 A.M. I ate half the pizza, and I refrigerated the other half. CIO

Note: <888> 01/11/12 Wednesday 5:20 A.M. I am making a 25 ounce Freschetta four cheese pizza. I put garlic powder, ground black pepper, Italians seasoning, grated parmesan and Romano cheese on it along with extra virgin olive oil on it. I am cooking it in the Sharp Convection microwave oven for 21 minutes at 400 degrees Fahrenheit. I am not sure how much of it, I will eat. I will eat it with a diet www.coke.com . CIO

Note: <888> 01/11/12 Wednesday 3:15 A.M. After the last note, I went back to bed until 2:40 A.M.. CIO

Note: <888> 01/10/12 Tuesday 11:20 P.M. I watched episode 5 of "Monarchy". I went to bed about 1:30 P.M.. I woke up at 8 P.M., when a relative called. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.



I will now shower and clean up and put foot fungus cream on my feet. CIO

Note: <888> 01/10/12 Tuesday 11:55 A.M. [Microsoft Intune Hub](#)

[\\$399.99 KDL-40EX400 | REFURBISHED - 40" BRAVIA EX400 Series HDTV | Sony | Sony Store USA](#)

I will now shut down the primary work computer, and I will eat a day old muffin.

I will then watch some video before going back to bed. CIO

Note: <888> 01/10/12 Tuesday 10:10 A.M. In case we ever get snow [Jeep Chrysler Dodge City | New Chrysler, Dodge, Jeep, Ram dealership in Greenwich, CT 06830](#) .

I ate a 15 ounce box of T.G.I. Friday's Buffalo chicken wings with hot sauce with a 12 ounce glass of Canada Dry Ginger Ale. CIO

Note: <888> 01/10/12 Tuesday 4:45 A.M. One of my friends gave his 13 years old Compaq laptop computer to Best Buy, and he is considering buying this laptop [Toshiba - Satellite Laptop - Matrix Graphite - L775-S7105](#) for \$479.99. I suggested to him to wait a while, and see if it goes on sale for \$100 to \$200 off sometime in the near future. However, it seems to be an already discounted price at the moment. CIO

Note: <888> 01/10/12 Tuesday 4:30 A.M. I showered, and I cleaned up. I put dry skin cream on my feet. I threw out the garbage. I picked up the mail. CIO

Note: <888> 01/10/12 Tuesday 3:15 A.M. after the last note, I watched episode 4 of "Monarchy". I went to bed, and I woke up at 6 P.M.. I chatted with a friend twice and a relative once. I went back to bed until 1:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now make up a fresh batch of punch. CIO

Note: <888> 01/09/12 Monday 12:30 P.M. I ate a day old muffin and 3 slices of deli ham and 3 slices of deli cheese.

[Mount Royal - Wikipedia, the free encyclopedia](#)

Stone Mountain - Wikipedia, the free encyclopedia

I will now shut down the primary work computer, and I will watch some video before going to bed. CIO

Note: <888> 01/09/12 Monday 11:50 A.M. BBC News - Unwell Hawking misses 70th birthday celebrations

Ronald Reagan Presidential Foundation and Library: Email - Great Reagan Books at Incredible Prices!

IBM's Palmisano: Top 12 Milestones as CEO - IT Infrastructure - News & Reviews - eWeek.com

ConnDOT: CCTV# 4 Greenwich NB Exit 3 - Arch St.

DEBKAFfile, Political Analysis, Espionage, Terrorism, Security

DEBKAFfile, Political Analysis, Espionage, Terrorism, Security warships off Iran and Syria. CIO

Note: <888> 01/09/12 Monday 11:00 A.M. I threw out the garbage in the garbage chute.

I made 131 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 4 of "Monarchy".

I fixed the large spring on the primary Premier cigarette tube injector machine, when it broke at its end, and I bent out a new end piece with needle nose pliers. CIO

Note: <888> 01/09/12 Monday 8:15 A.M. I ate 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet www.coke.com .

Slow Greenwich Harbor dredging process to start - GreenwichTime

Average temperature inside British homes is 63.5 degrees Fahrenheit BBC News - How warm is your home?

I will now shower and clean up and put foot fungus cream on my feet. I will then make cigarettes. CIO

Note: <888> 01/09/12 Monday 6:55 A.M. Birthday Boy Richard M. Nixon (president of United States) -- Britannica Online Encyclopedia

A dog [www.greyhound.com](http://www.greyhound.com) from Miami, Florida to Key West, Florida is \$40.50 web fare to \$52 refundable and \$45 standard. They do have service from Miami airport, but I am not sure how close their downtown Miami terminal is from the Amtrak station. Being a resort area, they probably have taxi service for the short parts of a trip.

Two-Layer Union Suit, Men's: Underwear and Accessories | Free Shipping at L.L.Bean CIO

Note: <888> 01/09/12 Monday 5:45 A.M. According to [www.amtrak.com](http://www.amtrak.com) , it costs \$60 one way from Stamford, Connecticut to Burlington, Vermont, and the train leaves Stamford at 12:18 P.M. and arrives in Burlington at 8:44 P.M..

It is \$299 to \$176 from Stamford, Connecticut to Miami, Florida with the cheaper train leaving Stamford at 12:56 P.M. and arriving at Penn Station at 1:50 P.M. and leaving Penn Station at 3:15 P.M. and arriving the following day in Miami at 6:55 P.M. for 27 hours and 40 minutes duration, but for cigarette smokers you can not smoke on the train anymore, and I have been told that at some stations, they do not let you smoke on the platforms while they make stops. On the cheaper train, it is \$167 to go to Orlando, Florida. If one were in Miami, Florida, one could catch a bus to Key West, Florida and stay at the cheaper motel next to the airport called the Key West Hotel Resorts & Florida Keys Oceanfront Accommodations - Best Western Key Ambassador which is \$152.99 a night with an [www.aarp.org](http://www.aarp.org) card, but the Key West Hotels- Florida Keys Luxury Resort- Casa Marina A Waldorf Astoria Resort has rates starting at \$189 a night for the plush ambience of Old Cayo Heuso. CIO

Note: <888> 01/09/12 Monday 5:10 A.M. I was told over 10 years ago that the government needs to rebuild the railroad from White River Junction, Vermont to Montreal, Quebec, Canada; since the current rail line is closed and falling apart. However up in the north country they are so busy with other matters, nobody seems to know how to communicate with the various Federal Government railroad officials to get the job done. I suppose in the rugged mountain terrain, the old railroad bridges over ravines are probably falling apart. I guess the government thinks it is cheaper and easier to take the railroad up through upstate New York to Montreal and to avoid all of the expense of rebuilding the Vermont railroad. Thus if one wants to take the train from Vermont to Montreal, I think one now has to take the train down to Penn Station in Manhattan catch the train going up through upstate New York to Montreal, which I guess is cheaper than rebuilding the Vermont railroad.

At [www.amtrak.com](http://www.amtrak.com) , it says that it is \$63 for the one way ticket to Montreal from Manhattan's Penn Station, and it is a 10 hour and 55 minute ride. It leaves at 8:15 A.M. and arrives at 7:10 P.M.. However, one also needs a current passport to cross the Canadian border which I think costs about \$135 [USPS – Apply for a Passport](#) and takes about six weeks to get via mail. Of course they speak French in Montreal, but they speak English in Toronto, Ontario, Canada. According to [www.amtrak.com](http://www.amtrak.com) it costs \$114 one way to Toronto, Ontario, Canada, and it takes 12 hours and 27 minutes with possibly a train change at the Canadian border. The train leaves Manhattan's Penn Station at 7:15 A.M. and arrives in Toronto at 7:42 P.M.. Of course, if one were to visit Canada, more than likely one would need money for one's visit up there.

There is an Amtrak train from Penn Station in Manhattan to Burlington, Vermont for \$62 one way, and it leaves at 11:33 A.M. and arrives at 8:44 P.M.. They used to offer bus service from Burlington, Vermont to Montreal which as I recall is about 2.5 hour trip. Possibly that train runs through the Vermont Country. CIO

Note: <888> 01/09/12 Monday 2:45 A.M. I rested and woke up around noon, and I watched episode 2 and 3 of "Monarchy". I went back to bed around 3:30 P.M.. I drank a Canada Dry Ginger Ale. I chatted with a relative at 7 P.M.. I woke up at 1 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 01/08/12 Sunday 8:45 A.M. I will now shut down the primary work computer, and I will take a nap soon. CIO

Note: <888> 01/08/12 Sunday 8:25 A.M. I ate a 12 ounce sautéed top round London Broil with Lea and Perrins Worcestershire sauce with my usual steamed flavor rice mixture with slices of baby carrots and bits of broccoli crowns with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 01/08/12 Sunday 6:05 A.M. [Mei Lin 99 Cent Store in Port Chester, New York. \(ny.\) #29412636](#)

[Harrison Dollar Store Plus - Harrison, NY - \(914\) 630-4777 - Bing Local](#)

[Red Sea Deli & Variety Store - Stamford, CT - \(203\) 961-1235 - Bing Local](#)

Fast Buck Freddie's in Key West, Florida. CIO

Note: <888> 01/08/12 Sunday 5:45 A.M. Birthday Boy Elvis Presley (American singer and actor) -- Britannica Online Encyclopedia CIO

Note: <888> 01/08/12 Sunday 3:50 A.M. I gave my 4 foot by 6 foot U.S.A. flag that I display on the hallway bookcases to a relative in Kennebunkport, Maine two summers ago. To replace it, I ordered American Flag 4ft x 6ft Valley Forge Koralex II 2-Ply Sewn Polyester for \$32.95 with free shipping.

Note: <888> 01/08/12 Sunday 2:45 A.M. Greenwich unemployment relatively low, but thousands struggling to find work - GreenwichTime CIO

Note: <888> 01/08/12 Sunday 2:25 A.M. For my AT&T cell Phone, I ordered a SanDisk 16GB Micro SDHC Card for \$4.99 Wireless Daily Deal, 1 Sale A Day and \$4.99 shipping for \$9.98 total. CIO

Note: <888> 01/08/12 Sunday 2:15 A.M. After the last note, I chatted with a relative. I watched Episode 1 of "Monarchy". Apparently England was invaded so many times in the Dark Ages, there are not many real English left in England. I went to bed about 1 P.M.. I woke up at 1 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

End of Scott's Notes week of 01/07/12:

Note: <888> 01/07/12 Saturday 11:00 A.M. I watched some television.

Hirohito (emperor of Japan) -- Britannica Online Encyclopedia

George Bush Presidential Library Foundation

Ronald Reagan Presidential Foundation and Library: Email - Special Offer On Inspiring Quotes from Ronald Reagan.

BBC News - New York Mayor Michael Bloomberg takes coding course

I will now send out my weekly notes. I will then shut down the primary work computer. I will watch some video before going to bed. CIO

Note: <888> 01/07/12 Saturday 9:55 A.M. items in Vizio Visio vizo refurbished HDTV LCD LED Razor xvt hdmi store on eBay!

Greenwich moves forward on new temporary fire HQ - GreenwichTime CIO

Note: <888> 01/07/12 Saturday 9:30 A.M. I ate a 12 ounce sautéed top round London Broil with Lea and Perrins Worcestershire sauce with my usual steamed flavor rice mixture with slices of baby carrots and bits of broccoli crowns with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of Canada Dry Ginger Ale and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 01/07/12 Saturday 8:15 A.M. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. Midway through my walk, I used the bathroom at Starbucks. On the way into town, I drove by the new CVS at Holly Hill Lane and West Putnam Avenue. There is a sign on their front door that they will be opening on January 22, 2012. There are a couple of new shops on Greenwich Avenue. Jonathan Adler :: Home, Home Décor, Gifts, and Gift Registry is across from CVS. On lower Greenwich Avenue on the east side, there is a new berry yogurt shop. I did not notice whether the new French cosmetics shop just south of Starbucks has opened or not. After my walk, I went by the Stop and Shop, and I bought three 16 ounce Marie Callender chicken pot pies for \$2 each, a 8 ounce Stop and Shop parmesan and Romano grated cheese for \$3.99, buy one get one free of top round London Broil for \$5.99 a pound for \$9.46 each with one free, and fresh bananas for .79 a pound for \$1.78 for \$21.23 total. I then bought a six pack of Stop and Shop English muffins for \$1.49. I next returned home, and I put away my purchases. CIO

Note: <888> 01/07/12 Saturday 5:35 A.M. I will now go downtown for a morning walk. CIO

Note: <888> 01/07/12 Saturday 4:55 A.M. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 01/07/12 Saturday 4:45 A.M. Merry Russian Christmas. I woke up at 1:30 A.M.. I put clean linens on the bed. I did two loads of wash and two dryer loads. I put the clean laundry away. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I threw out the garbage and the old periodical literature. I watered the plants. I picked up the mail. CIO

Note: <888> 01/06/12 Friday 3:35 P.M. I chatted with a friend. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/06/12 Friday 2:10 P.M. Tomorrow January 7 is Russian Christmas Russian Christmas .

The Old Russian New Years falls on January 14 Old New Year - Wikipedia, the free encyclopedia . CIO

Note: <888> 01/06/12 Friday 1:40 P.M. Once the videos are processed, they are supposed to be here.

<http://www.youtube.com/mikelouisscott/>

<http://youtu.be/RfG5fkXb6JA>

<http://youtu.be/Bcx3qKi4JdI>

<http://youtu.be/2DQyItrufNs>

I ate a 19.125 ounce Stouffer's lasagna Italiano with grated parmesan and Romano cheese and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) .

CIO

Note: <888> 01/06/12 Friday 11:45 A.M. I threw out the garbage. I drove over the ShopRite on Stamford and Old Greenwich border, I bought four 10 quart boxes of ShopRite powdered milk for \$9.99 each box for \$39.96 total. I saved \$8 versus buying 5 quart boxes at the Stop and Shop for \$5.99. Thus the \$8 saved paid for the gasoline over there and to drive out to Tod's Point in Old Greenwich next. I parked at the southwest picnic area. They are building a new bathroom pavilion at the Southwest picnic area. I sat out the southwest picnic area for a while taking some video with my Polaroid camcorder. I then drove over to the southeast parking area, and I used the bathroom there and took more video. I then photographed the old Christmas trees that are piled up at the entrance parking area of Tod's Point which will be shredded for recycling some time soon. I think one can get free mulch, once they are shredded. I then drove back to downtown Greenwich. I walked the entire length of Greenwich Avenue and the train station area. I used the ATM machine at the Chase Bank just south of the Greenwich Post Office. I stopped by the Greenwich Cigar store, and I bought

a number 8 Aces High scratch card for a dollar, but I lost. I toured CVS. I used the bathroom at CVS. I got some parking change at the Chase Bank at the top of Greenwich Avenue. I sat out for a while after my walk. It was really slow, so I guess people are still away. I then stopped by the Putnam Shell at 401 West Putnam Avenue, and I bought \$12 of self service V-Power gasoline for \$4.099 a gallon for 2.928 gallons for 47.7 miles driven since Saturday December 31, 2011 at odometer reading of 69518 miles for 16.29 miles per gallon driving in faster traffic going way out to Eastern Greenwich. I then returned home. I put away my purchases. I will post the video that I took at Tod's Point in a short time. CIO

Note: <888> 01/06/12 Friday 6:00 A.M. \$259.99 refurbished eCost | Vizio, 32" Class Edge Lit Razor LED HDTV, E320VP RB

Same as E320VP | VIZIO .

I will now shower and clean up and go out to face the Artic tundra of Greenwich, Siberia. It is suppose to be up to 49 degrees Fahrenheit today here on the edge of the Tropics. CIO

Note: <888> 01/06/12 Friday 4:50 A.M. I woke up at 3 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes, and I made my bed. CIO

Note: <888> 01/05/12 Thursday 11:10 P.M. I will now shut down the primary work computer, and I will go to bed soon. I will eat a day old muffin. CIO

Note: <888> 01/05/12 Thursday 11:00 P.M. Ronald Reagan Presidential Foundation and Library: Email - Schedule of Upcoming Events

Dynamics of Crustal Magma Transfer, Storage and Differentiation Table of Contents — 2008, 304 (1)

Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

University of Alaska, Fairbanks Department of Geology & Geophysics | International Volcanological Field Camp

Kevin Mitnick's secret weapon for avoiding jail | Security - CNET News



Make Scotland your New Year's resolution

The Republican Party of Connecticut

BBC News - Mexico Baluarte Bridge is world's tallest

BBC News - Europe's highest active volcano rumbles back to life

BBC News - First 'mixed embryo' monkeys born CIO

Note: <888> 01/05/12 Thursday 10:05 P.M. I ate a 14 ounce Stouffer's shrimp scampi with grated parmesan and Romano cheese and a 12 ounce can of Canada Dry Ginger Ale. I threw out the garbage. I picked up the mail. The building custodian is working downstairs. I have to resign my lease on Tuesday January 17, 2012 between 2 P.M. and 4 P.M. in the community room downstairs. CIO

Note: <888> 01/05/12 Thursday 9:05 P.M. I woke up 8 P.M.. I chatted with a relative and a friend.

W. P. Carey

William Polk Carey, donor to Hopkins and UM, dies - Baltimore Sun CIO

Note: <888> 01/05/12 Thursday 11:00 A.M. I ate three scrambled eggs, and four strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) . I will now shut down the primary work computer, and I will take a nap. CIO

Note: <888> 01/05/12 Thursday 10:05 A.M. I chatted with a friend. CIO

Note: <888> 01/05/12 Thursday 9:25 A.M. \$299 free shipping and available local stores Sony 32" LCD HDTV, KDL-32BX310 - Walmart.com CIO

Note: <888> 01/05/12 Thursday 9:05 A.M. I ate two bowls of Cheese Nips and a few slices of cheese. I watched some television. I turned the living room thermostat down four degrees to 74 degrees Fahrenheit which makes it about 68 degrees Fahrenheit in the apartment living room which is cooler for me, but saves money. I am wearing my heavy red terry cloth robe over my clothes to stay a little bit warmer. CIO

Note: <888> 01/05/12 Thursday 7:35 A.M. I made 155 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching

"The Russian Revolution in Color", the end of Episode 8 and Episode 9 of "Waiting for God". CIO

Note: <888> 01/05/12 Thursday 5:25 A.M. Biltmore Email Newsletter

Your Local Party | Connecticut Republicans | CTGOP.org

BBC News - Climate changing outlook for harp seals

BBC News - Japan tuna sale smashes record

BBC News - Which suggests websites undervalue old laptops

I will now make some cigarettes and watch some video. CIO

Note: <888> 01/05/12 Thursday 4:40 A.M. I showered, and I cleaned up, and I put CVS Skin Treatment Body Lotion on my feet. CIO

Note: <888> 01/05/12 Thursday 3:55 A.M. At www.cl-p.com , the December 2011 electricity bill was \$167.53 for 1023 kWh or 31 kWh per day over 33 days with an average temperature of 39.6 degrees Fahrenheit.

For December 2010, it was \$260.52 for 1493 kWh or 45.24 kWh per day over 33 days with an average temperature of 30.5 degrees Fahrenheit.

I chatted with the Key West Hotels- Florida Keys Luxury Resort- Casa Marina A Waldorf Astoria Resort , and they still do not have heat in the hotel. CIO

Note: <888> 01/05/12 Thursday 3:45 A.M. I watched part of Episode 8 of "Waiting for God". I finally woke up at 1 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes, and I made my bed. CIO

Note: <888> 01/04/12 Wednesday 6:40 P.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 01/04/12 Wednesday 6:10 P.M. I chatted with a relative. I am just about ready to eat a Stauffer's 15 ounce stuffed peppers with grated parmesan and Romano cheese on it along with a 12 ounce glass of Canada Dry Ginger Ale. CIO

Note: <888> 01/04/12 Wednesday 5:05 P.M. I went out to my 1:30 P.M. appointment. I had to wait a while at the Greenwich Hospital outpatient clinic, so I read the November 2011 issue of National Geographic including the article about England in the old days. The dermatologist told me I should stop using the Mometasone Furoate Cream USP, 0.1% on my feet. I am suppose to keep using the CVS Athlete's Foot Cream for a while. I was told to find a Podiatrist that does pinpointe laser treatment to remove the fungus from underneath my big toe nails. I was also told to use Amlactin Moisturizer 12% on my feet.

I then went to CVS downtown, and the pharmacist told me that Malactin Moisturizer 12% which is \$30 is the same as Ammonium Lactate, so I bought CVS Skin Treatment Body Lotion 7.9 ounce for \$12.99 and .82 tax for \$13.81 total. I then went to the Stop and Shop, and when I bought the 15 ounce T.G.I.F. Buffalo chicken wings yesterday there was a sign in front of them from last week saying they were suppose to be \$2 each instead of \$5. They remembered the sign, so they gave me back \$9 and .80 can return for \$9.80 returned. I then returned home, and I picked up the mail. I clipped my toe nails and finger nails. CIO

Note: <888> 01/04/12 Wednesday 11:40 A.M. I ate a 18.8 ounce can of Campbell's Chunky New England clam chowder with a Kaiser roll with Smart Balance Spread and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) . I will now shower and clean up and put foot fungus cream on my feet and go out for my 1:30 P.M. appointment. CIO

Note: <888> 01/04/12 Wednesday 11:05 A.M. I chatted with a relative.

for better audio with LCD television \$79.99 free shippingREFURBISHED - 5.1-channel Surround Sound System | BRAVIA® Home Theater System | DAV-TZ130 | Sony USA CIO

Note: <888> 01/04/12 Wednesday 10:10 A.M. Greenwich Gossip

Body on Queen Elizabeth's Estate Prompts Murder Probe - ABC News

BBC News - Loch Ness is giant 'spirit level'

IBM - Samuel J. Palmisano

IIBM - Ginni Rometty - President and CEO CIO

Note: <888> 01/04/12 Wednesday 8:55 A.M. The Cable Modem started working about 15 minutes ago. Cablevision called up to make sure it is working. They will not be making a service call. CIO

Note: <888> 01/04/12 Wednesday 8:10 A.M. I went back to bed from 3 A.M. to 6 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes, and I made my bed. I chatted with a friend. The Cable Modem service is still not working yet. CIO

Note: <888> 01/04/12 Wednesday 2:35 A.M. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles barbecue potato chips and a dill pickles slice and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) . It is currently 12 degrees Fahrenheit in Greenwich, Connecticut. I probably should sleep some more, since I have to be away for the Cablevision technician if they are not able to repair the service over night in the cold weather. It is an outage in the neighborhood and not locally a problem with my equipment in the apartment.

On limited income I don't go out much at night anymore, particularly in colder weather, since it costs money to go anyplace that is warm inside. Not many people seem to be awake at night around here anymore anyway, and they mostly all seem to be daytime people. I guess night is too boring. I will now check out the television to see if there is any worthwhile news. CIO

Note: <888> 01/04/12 Wednesday 1:20 A.M. After the last note, I noticed the Cable Modem was not working. I called up Cablevision, and they said there was an outage in the neighborhood possibly. I bypassed my surge protector and splitter, and the cable modem still would not work. They have scheduled an appointment for repair this morning between 8 A.M. and 11 A.M.. I also have a 1:30 P.M. appointment this afternoon. They said there was no problem with the Arris cable modem, so there was no point in trying my backup Arris cable modem. I can get wireless on my laptops from a neighbor, so I will try posting this note to my remote server. CIO

Note: <888> 01/03/12 Tuesday 11:45 P.M. I woke up at 11 P.M.. I have the electric heat in the living room turned on, since it is 16 degrees Fahrenheit outside. At my ripe old age of 61, I do not volunteer much for "The Freezing Norwegian Patrol". I threw out the garbage. I picked up the mail. CIO

Note: <888> 01/03/12 Tuesday 4:35 P.M. I watched a couple of cooking shows on television. I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 01/03/12 Tuesday 2:50 P.M. I am just about ready to eat a 15 ounce box of T.G.I.F. Buffalo chicken wings and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 01/03/12 Tuesday 2:10 P.M. I woke up, and I ate 3 ounces of Nabisco Cheese Nips. I finally woke up at 6 A.M., and I watch episode 7 of "Waiting for God". I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes, and I made my bed. I showered, and I cleaned up, and I put psoriasis cream on my feet. I chatted with a neighbor. I threw out the garbage. I went by the Chase Bank at 19 West Putnam Avenue. I then went the Wells Fargo Bank, and I paid my rent to the Greenwich Housing Authority. I then went by the Stop and Shop. I bought four day old muffins for \$2, a six pack of Stop and Shop English Muffins for \$1.49, a 16 ounce package of Smart Balance Lite for \$3.59, a 8 pack of Anzi Kaiser rolls for \$4.19, three 15 ounce T.G.I.F. Buffalo Chicken Wings for \$5 each, two 12 ounce generic honey for \$2.25 each, a 64 ounce Kodem grape juice for \$2.99, two 48 ounce Quaker Old Fashioned oatmeal for \$4.79 each, a 64 ounce Stop and Shop cranberry juice for \$2, a 5 ounce House of Tseng sesame oil for \$5.39, a 15 ounce Kikkoman soy sauce for \$2.29, a two pound bag of baby carrots for \$2.99, bananas for .79 a pound for \$1.17, broccoli crowns for \$1.69 a pound for \$1.18 for \$58.36. I then went to my 11 A.M. appointment, and I paid a dollar to park. While chatting with my 11 A.M. appointment, I remembered that I once climbed the back side of a mountain in New Hampshire near the Old Man of the Mountain in the summer around 1969 with a few friends including Myles McGough. When we got to the top of the very steep mountain, there was a burned out discothèque there that had been hit by lightning. I suppose it once had a good view. I then returned home, and I put away my purchases, and I chatted with a relative. CIO

Note: <888> 01/03/12 Tuesday 3:05 A.M. [\\$14.99 free shipping Buy.com - McAfee Total Protection 2012 3 User](#)

[BBC News - Google search home page revamp promotes other services](#)

I will now shut down the primary work computer and go to bed. I will eat a couple of day old muffin first. I have to be up at 7:30 A.M. to make it to my 11 A.M. appointment. CIO

Note: <888> 01/03/12 Tuesday 2:15 A.M. I went out, and I drove over to CVS at the Riverside Shopping Plaza. I bought

2 CVS garlic oil 1000 mcg 100 softgels for \$5.79 both

2 CVS balanced B-100 60 caplets for \$13.29 both

2 CVS MSM 1000 mg 60 capsules for \$7.29 both

2 CVS B-12 1000 mcg 200 tablets for \$11.49 both

2 CVS C 500 mg 250 tablets for \$8.39 both

2 CVS Flush Free Niacin 500 mg 200 capsules for \$13.79 both

2 CVS Flaxseed Oil 1000 mg 250 softgels for \$19.99 both

2 CVS Natural Lecithin 1200 mg 250 softgels for \$10.49 both

2 CVS odorless Fish Oil 1200 mg 240 softgels for \$22.79 both

less two \$5 off CVS coupons and \$6.56 tax for \$109.87 total.

The receipt said I saved \$121.31 on my order.

I then returned back home via a side trip down Greenwich Avenue as far as the Senior and the Arts center for a total of 10.7 miles round trip or about a \$4 cost for the trip. I put away my vitamins and supplements.

My current inventory is here:

Michael Louis Scott's Vitamins and Supplements

Michael Louis Scott's Vitamins and Supplements

CIO

Note: <888> 01/02/12 Monday 11:30 P.M. I am just about ready to eat a 16 ounce Marie Callender turkey pot pie with a 12 ounce glass of A&W diet

root beer. I will then dress up warmly, and I will drive over to CVS at the Riverside Shopping Center to get some vitamins and supplements which are buy one get one free this week. I won't walk downtown afterwards, but I might sit out briefly. CIO

Note: <888> 01/02/12 Monday 10:35 P.M. \$60.04 free shipping Amazon.com: Sony SMP-N200 Streaming Media Player with Wi-Fi: Electronics CIO

Note: <888> 01/02/12 Monday 9:35 P.M. I chatted with a friend. I threw out the garbage. Wendy's® - Quality Is Our Recipe® on West Putnam Avenue looks like it might be opened late from what I can tell, when I drive by it at night. They are opened until 10 P.M. at night, and their drive in is opened until midnight. McDonalds.com on West Putnam Avenue is opened until 1 A.M., and they have free WiFi. www.starbucks.com on Greenwich Avenue is opened until 10 P.M., except Saturdays, when they are opened until 11 P.M.. They have WiFi, but I am not sure whether it is free or not.

Frequently at night and in the early morning hours, when one hears banging or loud noise on Greenwich Avenue, it can be one of the local teenagers practicing on the their skate boards on the back streets of Greenwich. CIO

Note: <888> 01/02/12 Monday 8:15 P.M. After the last note, I drank the rest of the opened bottles of Schweppes Tonic water with some lemon juice. I watched the National Geographic Special, "Inside the Vatican". I ate a day old muffin. I watched episode six of "Waiting for God". I went to bed at about 7 A.M.. This past morning, when I was walking up Greenwich Avenue, at around 12:35 A.M., when I was just about to cross Lewis Street in front of Vineyard Vines, there was a police car coming down Greenwich Avenue, and it was in front of CVS, when there was a loud popping or bang sound. However, the police car did not stop, so I figured that possibly that the police car had run over something in the road that made the noise. However, when I was I walking down Greenwich Avenue on the west side of the street, I noticed a little further up Greenwich Avenue, there was a large broken urn that holds ornamental plants, so possibly that breaking possibly made the noise. However, further down Greenwich Avenue, there was a white motor scooter parked in front of the service entrance at the Gingerman, and shortly there after, its owner drove it down Greenwich Avenue, so possibly the popping of banging sound was somebody from the kitchen at the Gingerman throwing out the garbage in one of those covered hinged garbage receptacles on the street.

I woke up at 5 P.M., when I had a nobody telephone call. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin

with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I chatted with a relative. I washed the breakfast dishes, and I made my bed.

I have an 11 A.M. appointment tomorrow, so I will have to take a nap this coming morning before I get ready for my appointment. I will now shower and clean up and put psoriasis medicine on my feet. CIO

Note: <888> 01/02/12 Monday 3:45 A.M. [The Geological Society of America -- Promoting Geoscience Worldwide](#)

[Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |](#)

[BBC News - Model unlocks human impact on Africa's fire regimes](#)

[BBC News - Apple's Jonathan Ive gets knighthood in honours list](#)

I will now shut down the primary work computer, and I will watch some video before going to bed. CIO

Note: <888> 01/02/12 Monday 3:15 A.M. I drank a cold 10 ounce glass of Schweppes Tonic water with a couple of teaspoons of lemon juice. CIO

Note: <888> 01/02/12 Monday 2:35 A.M. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I returned home. Via the zig zag route that I drive through town, it is 4.8 miles round trip. Thus at about 10 miles per gallon in the Audi at \$4 a gallon, it costs me about \$2 round trip to go downtown, when there is not much traffic, and one does not idle too much. Of course late at night, one is out there all by themselves with any mountain lions that happen to be around. Shortly after I returned home, the building emergency pull cord alarm went off. I checked the hallways, and it was an apartment near the building entrance. I was told by a visitor to the tenant, it was just a mistake. I called the Greenwich Housing Authority at 1-203-869-1138 to have their night person come over and turn it off. One of the tenants said that I had to call the police department to send the fire department. I called the police department, and they told me to push up the switch in the apartment, which we did, but although the apartment hallway emergency light went off, the central alarm kept functioning. The police department sent the fire department over. The night maintenance person from the Greenwich Housing Authority opened up the alarm box, but we then had to wait for the fire department to arrive



which they did shortly thereafter to reset the building alarm. Thus it is now quiet once again in the building. It was like an informal date late New Years gathering. I weighed myself before taking a shower this evening, and I now weigh 226 pounds without any clothes on. CIO

Note: <888> 01/01/12 Sunday 11:10 P.M. I ate a ham and cheese sandwich on a Kaiser roll with mayonnaise with the last 8 ounces of reheated stuffing and a 12 ounce glass of diet A&W root beer. I will now shower and clean up and put foot fungus cream on my feet. I will then go out downtown for a breath of fresh air, and there is a chance of light rain. CIO

Note: <888> 01/01/12 Sunday 10:05 P.M. I cancelled the order for the television below, since I really can not afford it. CIO

Note: <888> 01/01/12 Sunday 9:50 P.M. I bought MacMall | Vizio 32" Class Edge Lit Razor LED LCD HDTV with NTSC/ATSC/QAM Tuner - Refurbished (Open Box Product, Limited Availability, No Back Orders) E320VP-OBREF for \$246.31 with free shipping.

It is the same television as this one E320VP | VIZIO which costs \$440 new.

I chatted with a relative. CIO

Note: <888> 01/01/12 Sunday 7:45 P.M. www.costco.com has a Element 32 inch 1080p LCD HDTV for \$249.99.

\$349.98 Find this JVC 32" LCD HDTV and more JVC televisions at Walmart.com. Save money. Live better.

\$209.98 Sceptre X322BV-HD 32" Class LCD 720p 60Hz HDTV - Walmart.com  
CIO

Note: <888> 01/01/12 Sunday 6:45 P.M. I woke up at 3 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I chatted with a relative. I went back to bed until 6 P.M.. I washed the breakfast dishes, and I made my bed. CIO

End of Scott's Notes week of 01/01/12:

Note: <888> 01/01/12 Sunday 6:40 A.M. BBC News - Europe leaders warn of difficult 2012

BBC News - First of Nasa's Grail gravity twins enters Moon orbit

BBC News - The ups and downs of living with a gorilla

Source: Greenwich Avenue Victoria's Secret to close - GreenwichTime

I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

Note: <888> 01/01/12 Sunday 6:00 A.M. I printed out two copies of my end of the year and monthly Microsoft Money 2007 Income versus spending reports, and I have one set of copies along with a few photographs ready to mail to an interested relative. I put five forever stamps on the mailing envelope which is seven ounces. CIO

Note: <888> 01/01/12 Sunday 4:50 A.M. I printed out a copy of my last four months notes which are 238 pages long. I bound them in two clamp binders that I placed by the hallway IBM ThinkCentre.

They are available for download here:

Scott's Notes from January 2010 through December 2011, 2.57 Mbytes  
<http://mikelouisscott.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 - 8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" , pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc", pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011

Scott's Notes from January 2010 through December 2011, 2.57 Mbytes  
<http://mikelouisscottcom.cv.siteprotect.net/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011

and in \*.pdf format here:

<http://mikelouisscott.com/mlsnote23.pdf>

<http://mikelouisscottcom.cv.siteprotect.net/mlsnote23.pdf>

CIO

Note: <888> 01/01/12 Sunday 3:20 A.M. I finished watching "Golden Eye". CIO

Note: <888> 01/01/12 Sunday 2:20 A.M. I ate 7 ounces of baked Purdue boneless Bourbon chicken pieces with my usual steamed flavor rice and steamed sliced baby carrots and steamed small pieces of broccoli crowns with Smart Balance Spread and extra virgin olive oil and 8 ounce of reheated stuffing and a 12 ounce glass of diet 7-up with a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 01/01/12 Sunday 1:00 A.M. Happy New Years. I made 155 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching the James Bond film "Golden Eye". I will finish watching it in a little while. I put the England 2012 calendar on the refrigerator door. I put the other four 2012 wall calendars on the living room closet doors. I put W and Laura Bush photo in a Plexiglas frame, and I hung it in the kitchen on the far left wall by the cupboards. In the brass frame that was on the left side of the right living room closet, I put in some pictures of relatives. CIO

Note: <888> 02/29/12 Wednesday 11:35 P.M. I have Windows 8 Consumer Preview configured on the second partition on the Dell Latitude D410 laptop computer. CIO

Note: <888> 02/29/12 Wednesday 9:35 P.M. I have the Windows 8 Consumer Preview Partition configured on the second partition on the bedroom Dell Latitude 4600i computer. CIO

Note: <888> 02/29/12 Wednesday 7:35 P.M. I chatted with two relatives. CIO

Note: <888> 02/29/12 Wednesday 7:20 P.M. I ate 12 ounces of Gorton's fish filets and my usual steamed flavored rice mixture with baby carrot slices and broccoli crowns with extra Virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet 7-UP and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/29/12 Wednesday 6:05 P.M. [Windows 8 Consumer Preview](#)

[Windows 8, Windows Server 8 Betas Released; Windows Store Launches -- Redmond Channel Partner](#)

[Download Windows 8 Consumer Preview](#)

[3B Software Customer Appreciation: Free Full Version Downloads](#)

[Windows 8 Consumer Preview: a fresh start for Microsoft | ZDNet](#)

[INGV Roma1 — Laboratorio HP-HT di Geofisica e Vulcanologia Sperimentali](#)

[EUROPA - European Commission](#)

Tracking is [Package ID Results](#) on the order for a Linksys High Performance Dual-Band Wireless N USB Adapter with Dual Internal Antennas [Linksys AE2500 Wireless-N USB Adapter - Cisco Home Products Store](#) for \$7.99 and \$4.99 shipping for \$12.98 total.

<http://www.lunashops.com/>

[BBC News - New twist in antimatter mystery](#)

[BBC Nature - T. rex bite was world's strongest](#)

[BBC News - The Raspberry Pi computer goes on general sale](#)

BBC News - Windows 8: Microsoft unveils consumer preview CIO

Note: <888> 02/29/12 Wednesday 4:40 P.M. I picked up the mail. CIO

Note: <888> 02/29/12 Wednesday 4:25 P.M. I made 132 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching part of "Ronald Reagan and American Journey". CIO

Note: <888> 02/29/12 Wednesday 2:15 P.M. I have Windows 8 Consumer Preview installed on the Dell Latitude 4600i computer in the bedroom and on the second Dell Latitude D410 laptop computer on second partitions on both computers. It seems to run just fine. I still have to configure it.

I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

I will now shower and clean up and put dry skin cream on my feet. I will then make cigarettes. CIO

!!!!!! Note: <888> 02/29/12 Wednesday 11:55 A.M. Windows 8 Consumer Preview is available for download here [Download Windows 8 Consumer Preview or Download Windows 8 Beta |](#) . At the moment, it is a fast download. I have downloaded it, and I will now burn it to DVD. CIO

Note: <888> 02/29/12 Wednesday 2:50 A.M. I ate six white chocolate chip and macadamia nut cookies.

[How many pounds of poop does an average person poop in a lifetime? | ChaCha](#)

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/29/12 Wednesday 2:00 A.M. I watched the movie "The Suite Life".

[Download Windows 8 Consumer Preview or Download Windows 8 Beta |](#)

It might be posted here [Search results - Microsoft Download Center](#) , when it is available for download. CIO

Note: <888> 02/28/12 Tuesday 11:25 P.M. Once Film-Focused, Netflix Shifts to TV Shows - NYTimes.com

Celebrate and enjoy the spring season in blossom

Windows 8 Consumer Preview: What should testers expect? | ZDNet

Ronald Reagan Presidential Foundation and Library: Email - Special Offer on "Nancy Reagan: A First Lady's Style" Book

Windows 8 most burning questions

Newegg.com - Outlet Center, Clearance Electronics, Refurbished Laptops, Open Box Computers

BBC News - Oetzi the Iceman's nuclear genome gives new insights

BBC News - Nepal in new bid to finally settle Mount Everest height CIO

Note: <888> 02/28/12 Tuesday 9:15 P.M. I chatted with one relative twice and another relative once. I am just about ready to eat 12 ounces of Gorton's fish filets and my usual steamed flavored rice mixture with baby carrot slices and broccoli crowns with extra Virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet Canada Dry Ginger Ale and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/28/12 Tuesday 7:50 P.M. I chatted with neighbors. I threw out the garbage. I drove over to Radio Shack in Cos Cob, and I bought a package of two RCA Phono Female to Female Audio Couplers for \$4.99 and .32 tax for \$5.31 total. I then went to the Cos Cob hardware store, and I bought a Doit air conditioner foam weather seal 2.25 inches by 2.25 inches by 42 inches for \$5.31 total. I then bought a package of two RCA Coaxial In-Line F Connectors for \$3.71 total. I then toured CVS. They have a video display in the ceiling at the entrance of the store, so one can see oneself in the video display. I then went to CVS on Greenwich Avenue, and I picked up a prescription. I used the bathroom there. I then sat out downtown for a while. I have a sore left foot where the ten pound Buckingham Palace model fell on my left foot twice yesterday. There is a red spot on the top of the foot at the ankle on the right side and a small blood blister further down the foot. Thus I did not walk. I then returned home, and I picked up the mail. I used a RCA Phono Female Audio Coupler to hook up one of the speaker lines to my stereo speaker system that had come disconnected. Thus all of the apartment stereo speakers now work. This event Green Fingers Garden Club is being setup at Christ Church

Welcome - Christ Church Greenwich . Also the bulbs are beginning to come out of the ground at the Veterans monument across from the Senior and the Arts center downtown on Greenwich Avenue. CIO

Note: <888> 02/28/12 Tuesday 3:50 P.M. Winter storm watch issued - GreenwichTime

7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W

\$214.99 with free shipping, refurbished Vizio 32" E321VL Flat Panel LCD HD TV Full HD 720p TV 100,000:1 Contrast Ratio (845226005343) | eBay

I will now shower and clean up and put dry skin cream on my feet. I will then go downtown for errands. CIO

Note: <888> 02/28/12 Tuesday 3:35 P.M. I woke up at 10 A.M., when a neighbor rang my door bell. I jump started the neighbor's car with one of my jump start systems. I am now charging up the jump start systems. I went back to bed until 2 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/28/12 Tuesday 5:35 A.M. I watched the final series 1 Episode 7 of "Edward and Mrs. Simpson". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/28/12 Tuesday 4:25 A.M. Century-old bridges in Old Greenwich to be replaced - GreenwichTime

BBC News - Melting Arctic link to cold, snowy UK winters

BBC News - DNA reveals Neanderthal extinction clues CIO

Note: <888> 02/28/12 Tuesday 3:50 A.M. I ate three scrambled eggs, and five strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 02/28/12 Tuesday 2:50 A.M. I woke up at 1 A.M.. I ate a chocolate pastry. I watched series 1 Episode 6 of "Edward and Mrs. Simpson". I threw the garbage down the garbage chute. I picked up the mail. The order with tracking of USPS - Track & Confirm on the order for Brand NEW Reading Glasses Black Grey Two Tone Plastic Acrylic Readers

+1.50 | eBay for \$5.25 with free shipping arrived. I put them in a red white and blue glass case with the other eye glasses to the left of the primary work computer.

I ordered eight 1 RCA AV Male to 2 RCA Female Y Splitter Video Audio Cable Adapter | eBay for \$1.89 each for \$15.12 with free shipping.

I have the Sony Trinitron television in the living room connected to a power strip, so if the Cable Box is turned off, it will still work with the Sony Streaming Media Device. It seems with the current setup when watching the Sony Television with the Sony Streaming Media device, one has to turn off the Cable Box to prevent the audio from the Cable box entering the system which is no problem to turn it off. CIO

Note: <888> 02/27/12 Monday 11:00 P.M. I chatted with a relative.

I tweaked some of the settings on the K-World Acer 22 inch LCD television setup.

I ate a 14 ounce Marie Callender sweet and sour chicken dinner with a 12 ounce glass of diet A&W root beer.

I will now take a nap for a while. CIO

Note: <888> 02/27/12 Monday 8:05 P.M. I washed the breakfast dishes, and I made my bed.

Sweden releases first pictures of newborn princess | Springfield News-Leader | News-Leader.com

I took the three line video cable from the living room Sony Media player to the Orion television in the bedroom, and I disconnected it along with its Y-Splitters. I also disconnected the Y splitters from the Switch box and the cable to the second K-World Connector that was disconnected. I used the Y splitters and the Cables to connect the Sony Media Player to the YPBPR input into the K-World tuner which also has the primary Cable Box YPBPR cables running into it on the Y Splitters along with the Audio. However, there is one catch for the Sony Media Player to work on the K-World tuner connected to the Acer 22 inch LCD monitor, one has to not turn off the Cable box, but turn off the power to the Cable box. I setup a power strip by the magazine rack to the left of the Ethan Allen recliner to turn off the power to the cable box for that purpose. Thus one is now able to watch the Sony Media Streaming device on either the living room Sony Trinitron television or the K-World Acer 22 inch LCD monitor setup, but not both at the same time,



since when the power to the cable box is turned off the power to the Sony Trinitron television is also turned off. In the process of moving cables and devices around, I knocked the ten pound Buckingham Palace model off the Danish bar twice hitting the side of my foot causing quite a bit of pain but no damage. I figured the Queen was trying to tell me something, so I put the big British Union Jack flag up on the right side of the bookcases in the Hallway with the Swedish flag on the left side. I moved the Buckingham Palace model to one top of the Cambridge Sound bass speaker on the window shelf. Both Cable boxes are still connected to the K-World Acer 22 inch LCD monitor setup also. I have one of my stereo speaker systems connector disconnected from a part I used, so I need to buy a female to female audio connector. The DVD player and the FIC server and the Sony Media Player still work on the Sony Trinitron television controlled by the switch box. CIO

Note: <888> 02/27/12 Monday 5:10 P.M. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I went back to bed until 4 P.M.. I chatted with a relative. CIO

Note: <888> 02/27/12 Monday 5:55 A.M. I ate a chocolate pastry, and I ate eight reduced fat Triscuit crackers with 5/8th inch by 1.75 inch by 3/16th inch slices of Cabot's Vermont extra sharp cheddar cheese. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/27/12 Monday 5:05 A.M. I watched the final Episode 8 of "Lilyhammer.

I posted pictures of the recent changes and acquisitions that I have made around the apartment.

<http://mikelouisscott.com/mls-apt-022712/>

<http://mikelouisscottcom.cv.siteprotect.net/mls-apt-022712/>

I had to call up Optimum Web Hosting in Belarus, and with their new web server, one needs to add an access file to each folder, so it can be browsed. CIO

Note: <888> 02/27/12 Monday 1:45 A.M. I took the excellent Cambridge Sound System speaker system off the FIC server computer, and I attached it to the K-World Acer 22 inch LCD television setup, so it now has most

excellent audio. The volume control switch for the Cambridge Speaker system is on top of the Sony Steaming Media device switch box. I moved the generic pair of Labtec speakers to the FIC server. CIO

Note: <888> 02/27/12 Monday 12:25 A.M. On the K-World TV tuner connected to the 22 inch ACE LCD monitor, I also had the YPBPR adapter with its five cable connections. I disconnected the Switch Box connector which is connected to the Sony Steaming Media device and left it by the K-World tuner to have available for use, and I connected the YPBPR connector to the K-World TV tuner, and I used five cables to hook up the YPBPR connector to the Optimum Digital Cable Box, so on the K-World tuner when it is set to YPBPR setting or its fourth video setting I get the living room Cable Box in high definition which is extremely sharp and clear. Thus one can have the first regular TV video setting from the bedroom Digital Cable box or the even sharper setting from the Living Room Cable box. I also put two new AAA alkaline batteries in the K-World remote control. CIO

Note: <888> 02/26/12 Sunday 10:10 P.M. BBC News - Stephen Hawking museum visit signals return to health

Peppercorns! All types peppercorns & Gourmet blends! . CIO

Note: <888> 02/26/12 Sunday 9:30 P.M. I chatted with a relative. I watched some television. CIO

Note: <888> 02/26/12 Sunday 8:35 P.M. I ate the of cold eye round of beef about a half pound with horse radish and Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet A&W root beer and a cup of green tea with Equal sweetener and Borden's lemon juice. CIO

Note: <888> 02/26/12 Sunday 7:20 P.M. I went out after the last note. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I bought a pair of Foster Grant Magnivision Essential +1.50 reading glasses for \$9.99 and a Magnivision eye glass case for \$2, four 16 ounce Ajax orange dish washing detergent for .89 each, 3 Glade 9 ounce Country Fresh air deodorizers for \$1 each, less a \$5 off Foster Grant Magnivision coupon on a \$10 purchase and .40 tax for \$13.95 total. I used the bathroom at CVS. I then finished my walk of Greenwich Avenue. I sat out for a while. I then walked down to Zen Stationary, and I bought a Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I then went by the Stop and Shop, and I bought a 16 ounce package of Smart

Balance Lite spread for \$2.99, two 14 ounce Marie Callender Sweet and Sour chicken dinners for \$2.50 each, a 4.25 ounce jar of McCormick whole peppercorns for \$4.99, a quart bottle of Borden lemon juice for \$2.69, a two pound bag of baby carrots for \$2.50, fresh bananas for .79 a pound for \$1.04, broccoli crowns for \$1.99 a pound for \$1.41 less .65 can return for \$19.97 total. I then returned home, and I put away my purchases. I put the new pair of reading glasses to the left of the my primary computer setup with the other eye glasses. CIO

Note: <888> 02/26/12 Sunday 3:05 P.M. Join the Preppy Navy Sperry Top-Sider - Men's Authentic Original Boat Shoe for about the cost of dinner for two at www.nantucket.net.

Other models on sale here Sperry Top-Sider, Shoes at 6pm.com

Back in June 1973, www.cbsnews.com fired me for wearing Sperry Authentic Original Boat Shoes to work, but maybe it was for using my C.B.S. Identification to cash a check at the A&P out in South Hampton, Long Island, but they said it was not for arriving to work until after noon, when I was suppose to be there at 10 A.M., which was awfully early for me.

I will now shower and clean up and put foot fungus cream on my feet. I will then go downtown for a walk. I will eat a few day old cherry pastry first. CIO

Note: <888> 02/26/12 Sunday 2:05 P.M. I watched Episode 6 and 7 of "Lilyhammer". I went to bed about 3 A.M.. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a friend. CIO

End of Scott's Notes week of 02/25/12:

Note: <888> 02/25/12 Saturday 11:30 P.M. I chatted with a friend.

Wallis Simpson - Wikipedia, the free encyclopedia

I will now send out my weekly notes. I will then watch some video, and I will go to bed. CIO

Note: <888> 02/25/12 Saturday 10:30 P.M. I chatted with a relative. I ate two half inch thigh slices of cold eye round of beef with horse radish and Lea

and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet A&W root beer and a cup of green tea with Equal sweetener and Borden's lemon juice. CIO

Note: <888> 02/25/12 Saturday 8:40 P.M. At Daily Deals, 1 Sale A Day , I bought a Linksys High Performance Dual-Band Wireless N USB Adapter with Dual Internal Antennas Linksys AE2500 Wireless-N USB Adapter - Cisco Home Products Store for \$7.99 and \$4.99 shipping for \$12.98 total. CIO

Note: <888> 02/25/12 Saturday 8:05 P.M. I made 108 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Series 1 Episode 5 of "Edward and Mrs. Simpson". CIO

Note: <888> 02/25/12 Saturday 6:40 P.M. I woke up from my nap at 6 P.M.. I made my bed. I will now make cigarettes. CIO

Note: <888> 02/25/12 Saturday 3:25 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet A&W root beer. I will now take a nap. CIO

Note: <888> 02/25/12 Saturday 2:45 P.M. I put away the laundry. CIO

Note: <888> 02/25/12 Saturday 1:55 P.M. Greenwich Gossip CIO

Note: <888> 02/25/12 Saturday 1:50 P.M. I chatted with a neighbor. I have 30 minutes to go on the dry cycles. Well, current communications and media setup is a lot better out here in Connecticut than anything I ever had when I lived in Manhattan, but there are less sources of news and information out here in Greenwich, Connecticut, so we are always a day late and a dollar short on the news. CIO

Note: <888> 02/25/12 Saturday 1:05 P.M. I woke up and ate eight reduced fat Triscuit crackers with 5/8th inch by 1.75 inch by 3/16th inch slices of Cabot's Vermont extra sharp cheddar cheese. I finally woke up at 10 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I put clean linens on the bed. I showered, and I cleaned up, and I put dry skin cream on my feet. I started two loads of laundry, and I have 20 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 02/25/12 Saturday 2:45 A.M. I shut down the bedroom Dell Latitude 4600i computer. It runs just fine. I watched Episode 5 of "Lilyhammer" . I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/25/12 Saturday 1:00 A.M. Note:

The Connecticut Department of Transportation announced today that bridge maintenance work will be done on the Lockwood Lane Underpass in Greenwich beginning in the evening on Monday, February 27, 2012. The project is set to conclude in the early morning on Friday, March 2, 2012 but may go on longer due to weather conditions or other possible delays.

This work will require lane closures on both directions of I-95 between Exit 4 (Indian Field Road) and Exit 6 (Harvard Avenue/Grenhart Road).

There will be traffic control personnel and signing patterns to guide motorists through the work zone. The regular work schedule for this project is 9:00 p.m. to 5:00 a.m. (Monday - Thursday evenings).

Please be safe, slow down and proceed with care though these work zones.

Best regards,

Lile Gibbons

[www.repgibbons.com](http://www.repgibbons.com)

End of Note:

Tracking is USPS - Track & Confirm on the order for Brand NEW Reading Glasses Black Grey Two Tone Plastic Acrylic Readers +1.50 | eBay for \$5.25 with free shipping.

Ronald Reagan Presidential Foundation and Library: Email - FREE Commander in Chief Cap-Get Yours Today! CIO

Note: <888> 02/25/12 Saturday 12:20 A.M. On the Dell 4600i computer in the bedroom, the XP partition was malfunctioning. I used the Seagate Utilities, and I did a quick low level zero write of both hard drives to remove the OpenSUSE Linux partitioning and the Windows partitioning. I then used

the Paragon Backup Restore DVD, and I restored the XP partition from my Seagate USB external hard drive, and I am now installing the Windows updates on it. It seems to run just fine.

I ate two half inch thigh slices of cold eye round of beef with horse radish and Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet A&W root beer and a cup of green tea with Equal sweetener and Borden's lemon juice. CIO

Note: <888> 02/24/12 Friday 10:15 P.M. I took the 14 inch Panasonic television from on top of the Sony television in the living room, and I put it on top of the Dell 4600i computer CPU in the bedroom, and I hooked it up to the bedroom cable box. I took the Dell 2000 FP 20 inch LCD monitor off the bedroom Dell 4600i computer, and I left the Eizo monitor on it. I took the Acer 22 inch LCD monitor off the IBM ThinkCentre at the Hallway entrance, and I put the Dell 2000 FP monitor on it. I also put a 3M command hook on its left side. I put the Acer 22 inch LCD monitor on top of the Sony television in the living room. I took the K-World tuner and its speakers off the primary work computer, and I hooked them up to the Acer 22 inch monitor on top of the Sony television in the living room. I have the K-World tuner [Newegg.com](http://Newegg.com) - [KWorld External TVBox 1680ex w/ YPbPr 1080i Signal Input KW-SA220 VGA Interface](http://Newegg.com) connected to the bedroom Cable Box, so both televisions can show different channels. I used RCA Y-Splitters, and I connected the K-World tuner with its DVD adapter cable to the switch box on top of the Sony Streaming media device, so when one changes the K-World video input with its remote control, one can view the Sony Steaming Media content or the FIC server or the DVD player. I have the K-World tuner connected to a generic pair of Logitech speakers. I connected up a Philips Squid to the K-World Power, the speaker power, and the Acer 22 inch LCD power, and the squid is on the left side top of the Sony television, so when one turns it on, one gets the entire Acer 22 inch and K-World television setup turned on. It is a very good picture. I installed the updates on the IBM ThinkCentre at the hallway entrance. I chatted with a relative. CIO

Note: <888> 02/24/12 Friday 5:15 P.M. I chatted with a friend about the prices of HDTVs that I can not afford to buy. Still by not buying one, I am surviving in Greenwich, Connecticut. The best deal I guess is [Sony 32" LCD HDTV, KDL-32BX310 - Walmart.com](http://Walmart.com) which is \$300 at the local Wal-Mart stores in Norwalk, Connecticut plus \$19 tax. CIO

Note: <888> 02/24/12 Friday 3:50 P.M. I went out, and I threw out the garbage. I chatted with a neighbor. I went to my 3 P.M. appointment, and I returned home. CIO

Note: <888> 02/24/12 Friday 1:30 P.M. I will now shower and clean up and put dry skin cream on my feet. I will then go out to my 3 P.M. appointment. CIO

Note: <888> 02/24/12 Friday 1:15 P.M. I ate a 18.8 ounce can of Campbell's Harvest Select low fat clam chowder with dried parsley and with a Kaiser roll with Smart Balance Spread and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 02/24/12 Friday 12:25 P.M. I chatted with a relative. CIO

Note: <888> 02/24/12 Friday 11:20 A.M. I ordered Brand NEW Reading Glasses Black Grey Two Tone Plastic Acrylic Readers +1.50 | eBay for \$5.25 with free shipping. CIO

Note: <888> 02/24/12 Friday 10:30 A.M. I watched Episode 4 of "Lilyhammer". I went to bed at 11:30 P.M., and I woke up at 9 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/23/12 Thursday 10:05 P.M. I watched Episode 4 of "Edward and Mrs. Simpson". I will now shut down the primary work computer, and I will go to bed soon. I will eat a few day old muffin before going to bed. CIO

Note: <888> 02/23/12 Thursday 8:45 P.M. \$109.99 with free shipping Acer 23" 1080p Widescreen LCD Display for \$110 + free shipping - G235HAbd CIO

Note: <888> 02/23/12 Thursday 7:45 P.M. Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

AOGS 2012

Colonoscopy Prevents Death, a Study Affirms - NYTimes.com

BBC News - Scrutiny for Norwegian fjord rock disposal

BBC News - The myth of the eight-hour sleep

BBC News - Mild drought caused Maya collapse in Mexico, Guatemala CIO

Note: <888> 02/23/12 Thursday 6:15 P.M. I am cooking a 2 pound top round eye round of roast in the Sharp Convection oven at 350 degrees Fahrenheit for 45 minutes. I seasoned it with garlic powder, ground black pepper, Italian spices and Jack Daniels barbecue sauce. I will eat two half inch thick slices with my usual steam flavored rice and steamed baby carrot slices and broccoli crowns with Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet Canada Dry Ginger Ale with a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/23/12 Thursday 5:15 P.M. I went out, and I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I chatted with a local who took my picture. I stopped by CVS. I bought a pair of Foster Grant Magnivision Essential +1.50 reading glasses for \$9.99. I had a \$5 off \$10 coupon for them, but they would not take it, since they were only \$9.99. I used the bathroom at CVS. I stopped by Recycled Sailcloth Bags, Totes, Duffles and Accessories by Ella Vickers, and I chatted with them. I chatted with a jogger. After my walk, I sat out enjoying the warmer weather for a while. I then drove down by the waterfront on Steamboat Road. I then went by the Stop and Shop, and I bought three day old cherry tarts for \$2, two 16 ounce Marie Calender chicken pot pies for \$2.50 each, two 16.5 ounce Marie Calender five cheese lasagna for \$2.50 each, and fresh bananas for .79 a pound for \$2.27 for \$14.27 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$11.03 of self service premium V-Power gasoline for a dime off a gallon with my Stop and Shop card for \$4.259 a gallon for 2.589 gallons for 31.9 miles driving since Monday February 13, 2012 at odometer reading of 69642 miles for 12.322 miles per gallon in mostly local traffic. I then returned home, and I picked up the mail. I put away the groceries. I tested the reading glasses, they work just fine on the computer which is what I got them for. I put them in an old Vuarnet eye glass case by the rest of my regular eye glasses to the left of the primary work computer. CIO

Note: <888> 02/23/12 Thursday 11:25 A.M. Greenwich thrift store to be on 'Good Morning America' - GreenwichTime

I will now shower and clean up and put dry skin cream on my feet. I will then go out downtown to walk the ever glamorous Greenwich Avenue in the warm spring like weather. CIO

Note: <888> 02/23/12 Thursday 10:45 A.M. Before going to bed, I watched Episode 3 of "Lilyhammer". I went to bed about 11:30 P.M. I woke up at 9 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a



50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/22/12 Wednesday 9:50 P.M. I watched Series 1, Episode 3 of "Edward and Mrs. Simpson". I chatted with a relative. I ate a day old muffin. I also ate eight reduced fat Triscuit crackers with 5/8th inch by 1.75 inch by 3/16th inch slices of Cabot's Vermont extra sharp cheddar cheese. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/22/12 Wednesday 7:45 P.M. I made 107 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Series 1 Episode 2 of "Edward and Mrs. Simpson". CIO

Note: <888> 02/22/12 Wednesday 6:40 P.M. I ate a 16.5 ounce Marie Callender beef pot pie and a 16 ounce glass of diet Canada Dry Ginger Ale. I installed the Windows Updates on the primary work computer and the FIC Server computer. I will now make cigarettes. CIO

Note: <888> 02/22/12 Wednesday 4:30 P.M. I passed inspection. I checked the mail, but it is not here yet. CIO

Note: <888> 02/22/12 Wednesday 3:50 P.M. I chatted with another neighbor. I opened the window to get a little fresh air in the apartment. The sun shines on it this time of day, so it is a bit warmer at this time. CIO

Note: <888> 02/22/12 Wednesday 3:35 P.M. I chatted with a neighbor. CIO

Note: <888> 02/22/12 Wednesday 3:10 P.M. [Biltmore Inspirations Email](#)

[MiaVita](#)

[LASI](#)

[AOGS](#)

[Google to Sell Heads-Up Display Glasses by Year's End - NYTimes.com](#)

[BBC News - Sudden cardiac death: Time of day link found in mice](#)

[BBC News - 4G TV interference: Up to a million homes 'need filters'](#) CIO

Note: <888> 02/22/12 Wednesday 2:45 P.M. I went outside, and I chatted with neighbors. CIO

Note: <888> 02/22/12 Wednesday 2:20 P.M. I chatted with a relative.

I saw one of these [2012 Ford Expedition Options | View Available Trim Levels | Ford.com King Ranch EL](#) downtown the other day for the cowboy who has everything.

[Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) CIO

Note: <888> 02/22/12 Wednesday 12:25 P.M. [Landmark Ohio bridge demolished - Video on msnbc.com](#) . CIO

Note: <888> 02/22/12 Wednesday 12:15 P.M. I threw out the garbage. I chatted with neighbors. CIO

Note: <888> 02/22/12 Wednesday 11:20 A.M. I woke up at 10 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put dry skin cream on my feet. I have a 4 P.M. inspection today from the Section 8 inspector. CIO

Note: <888> 02/21/12 Tuesday 9:55 P.M. I will now shut down the primary work computer. I will eat a day old muffin. I will then go to bed. CIO

Note: <888> 02/21/12 Tuesday 9:25 P.M. I chatted with a relative. I watched Series 1, Episode 1 of "Edward and Mrs. Simpson". I cleaned the Ionic Pro air purifier. CIO

Note: <888> 02/21/12 Tuesday 7:20 P.M. When they get bored, they might be seen in Greenwich, Connecticut [Where Celebrities Live: Bedford, New York - Shelterpop](#) . CIO

Note: <888> 02/21/12 Tuesday 6:55 P.M. [BBC News - Distant 'waterworld' is confirmed](#)

[BBC News - The cult of the hyperpolyglot](#)

[BBC News - Melting down hips and knees: The afterlife of implants](#)

BBC News - A rare look at Apple's production line in China CIO

Note: <888> 02/21/12 Tuesday 5:50 P.M. I ate the same Dinty Moore beef stew and rice dinner as last night. I also had five white chocolate and macadamia nut cookies. CIO

Note: <888> 02/21/12 Tuesday 4:40 P.M. I went out after the last note. I chatted with the Greenwich Housing Authority representative again. I threw out the garbage. I went downtown to CVS on Greenwich Avenue, and I picked up a prescription. I then went further downtown, and I walked most of the entire length of Greenwich Avenue and the train station area. They were filming a movie or TV show at the former Thataway Cafe. There was a lot of movie equipment around. They had set up luncheon tables in the lobby of the Greenwich movie theatre. I guess Hollywood on Rodeo Drive East has arrived. While walking up Greenwich Avenue, I ran into another local walker coming out of CVS, so I walked back down Greenwich Avenue with the other local walker. We chatted about the price of tea in China. I then used the bathroom at the Senior and the Arts center. I then went by the Stop and Shop, and I bought two 6 packs of Stop and Shop English muffins for \$1.49 each, a 59 ounce container of Simply Orange orange juice for \$3, a 16 ounce package of Smart Balance Lite for \$3.59, a top round eye round of beef for \$3.99 for \$7.78 for \$17.35 total. I then returned home, and I said hello to the building custodian. I picked up the mail. CIO

Note: <888> 02/21/12 Tuesday 1:10 P.M. I added \$25 to my AT&T Go Phone for a charge of \$26.59. I now have \$166.55 balance of my AT&T Go Phone good until May 21, 2012.

I showered, and I cleaned up, and I put dry skin cream on my feet.

I will now go downtown for some daytime activity. Tomorrow Wednesday February 22, 2012, I have a Section 8 inspection of my apartment at 4 P.M.. CIO

Note: <888> 02/21/12 Tuesday 12:10 P.M. New Greenwich post office to open March 12 - GreenwichTime

1 in 7 cars in Greenwich a BMW or Mercedes - GreenwichTime

7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W

I just chatted with a housing official who happened to be in the hallway. CIO

Note: <888> 02/21/12 Tuesday 11:25 A.M. I went to bed after the last note. Around 11:45 P.M., a friend called to tell me that he might have had a heart attack. The friend is getting medical tests at a hospital on Long Island. I finally woke up at 9 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/20/12 Monday 10:15 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/20/12 Monday 9:20 P.M. I chatted with a relative. I ate a day old muffin and seven white chocolate chip and macadamia nut cookies. CIO

Note: <888> 02/20/12 Monday 7:55 P.M. [Julian Fellowes Overcomes His Scruples and Looks Back at Season 2 of 'Downton Abbey' - NYTimes.com](#)

[BBC News - Ancient plants back to life after 30,000 frozen years](#) CIO

Note: <888> 02/20/12 Monday 5:35 P.M. I am making up my usual batch of flavored rice [Michael Louis Scott's Microwave Oven Rice Recipe](#), and I will eat half with half of a 24 ounce can of Dinty Moore beef stew that I flavored with garlic powder, ground black pepper, Italian seasoning and soy sauce and heated in a plastic microwave container on one vegetable cycle in the [www.ge.com](#) microwave oven, and I will refrigerate the other half of the rice and Dinty Moore beef stew. I will eat the rice with the beef stew on top of it with a 12 ounce glass of diet [www.coke.com](#) and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/20/12 Monday 5:00 P.M. I went out after the last note. Another neighbor was being taken out by the Greenwich Paramedics. I waited until they moved the neighbor on to the hospital. I chatted with neighbors, and I threw out the garbage. I chatted with a relative on my wireless telephone. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I chatted with a local. I stopped by CVS, and I used the bathroom. I bought two 6.4 ounce Crest Whitening toothpaste for \$2.75 each and .35 tax for \$5.85 total. I then bought four 24 ounce cans of Dinty Moore beef stew for \$2.50 each for \$10 total. I finished my walk, and I sat out for a while. I then drove down by the waterfront at Grass Island. I said hello to the most frequent fisherman. They were testing the Greenwich Fire truck extension ladder truck spraying water from the top of the extended ladder with a hose,

so I guess it works. I sat out down by the waterfront enjoying the view of Greenwich Harbor and Long Island Sound. I then went back by CVS on Greenwich Avenue, and I bought four more 24 ounce cans of Dinty Moore beef stew for \$2.50 each for \$10 total. They only have a couple more cans left. I then returned home, and I chatted with a neighbor. CIO

Note: <888> 02/20/12 Monday 12:15 P.M. Vizio 37" 1080p LCD HDTV - Walmart.com \$398

I will now shower and clean up and put dry skin cream on my feet. I will then go downtown for a walk to see the ever glamorous Greenwich Avenue, where people like to strut their stuff. CIO

Note: <888> 02/20/12 Monday 11:20 A.M. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now make up a fresh batch of punch. CIO

Note: <888> 02/19/12 Sunday 11:10 P.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/19/12 Sunday 8:45 P.M. I chatted with a relative. I ate a Marie Callender 16.5 ounce beef pot pie with a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

Note: <888> 02/19/12 Sunday 7:30 P.M. I chatted with a relative and a friend. "Downtown Abby" comes on at 9 P.M. on Channel 13. It is a two hour episode. It is also on Channel 21 on Monday night at 9 P.M.. CIO

Note: <888> 02/19/12 Sunday 6:15 P.M. I chatted with a neighbor. I made 116 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Series 1 Episode 2 of "Lilyhammer". CIO

Note: <888> 02/19/12 Sunday 3:25 P.M. I threw out the garbage, and I chatted with a neighbor. I will now make cigarettes. CIO

Note: <888> 02/19/12 Sunday 2:50 P.M. I received a telephone call from the neighbor that did not respond to his door, and he is sick with a sore throat. I let the Greenwich Police know. I chatted with another neighbor about the price of tea in China. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 02/19/12 Sunday 1:55 P.M. After I ate dinner, the building Emergency Pull Cord alarm went off. I checked all of the apartments, and none of the lights were on above any of the doors. I called the Greenwich Police Department, and they checked all of the apartment on the second floor, and only one tenant next door to me was not checked on, since the Greenwich Housing Authority maintenance person could not open the door with the emergency pass key. The neighbor's car is still parked here, so at this juncture we do not know the status of the neighbor or the apartment. The neighbor's telephone number is not listed in the telephone book.

Note: <888> 02/19/12 Sunday 11:50 A.M. I took a 14 ounce pork tenderloins, and I put it in a Pyrex pie dish that I rubbed with olive oil, and seasoned it with garlic powder, ground black pepper, Italian seasoning, and Jack Daniels Jack Daniel's Tennessee Whiskey barbecue sauce, and I cooked in the Sharp convection oven on a raised rack at 350 degrees Fahrenheit for 50 minutes. I ate the pork tenderloin with my usual steamed flavored rice with baby carrots and broccoli crowns with extra Virgin olive oil and Smart Balance spread and a 12 ounce glass of diet Canada Dry Ginger Ale and a cup of green tea with Equal sweetener and Borden lemon juice.

Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine

The town motto of Greenwich, Connecticut U.S.A. is "Frugality and Fortune" Welcome to the official Town of Greenwich Connecticut Web site - Town of Greenwich, Connecticut which comes from the large Scottish population that built the town of Greenwich, Connecticut U.S.A.. There are still quite a lot of Scottish people here, but they are probably too fat and rich to exercise walk on Greenwich Avenue. Fairfield County for most of this century has been the home of executives of major Fortune 500 companies, so obviously the local business community has a bit of influence, even though they don't hang out a shingle. www.ibm.com is nearby in Armonk, New York, and www.ge.com is nearby in Fairfield, Connecticut not to mention all of the financial institutions in this area. CIO

Note: <888> 02/19/12 Sunday 11:00 A.M. Rising Gas Prices Give G.O.P. Issue to Attack Obama - NYTimes.com

refurbished \$339.99 with free shipping VIZIO 32" M320VT 1080p Razor Thin Slim TV LED LCD HDTV (845226003516) | eBay , but is was \$378.98 new at Walmart Vizio 32" 1080p LED-LCD HDTV, M320VT - Walmart.com

\$219.99 with free shipping Dynex™ - 32" Class / LCD / 1080p / 60Hz / HDTV - DX-32L230A12

Ario 32 inch LED 720p \$199.99 plus shipping <http://1saleaday.com/wireless/>

BBC News - 'Jacuzzi vents' model CO2 future CIO

Note: <888> 02/19/12 Sunday 9:20 A.M. I went to bed at 8:30 P.M.. I woke up at 10:30 P.M., and I chatted with a friend. I went back to bed until 5:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I went back to bed until 9 A.M.. I washed the breakfast dishes. I made my bed. CIO

End of Scott's Notes week of 02/18/12:

Note: <888> 02/18/12 Saturday 7:35 P.M. I chatted with a relative. I will now send out my weekly notes. I will then shut down the primary work computer, and I will eat an apple tart. I will then go to bed. CIO

Note: <888> 02/18/12 Saturday 6:55 P.M. I watched Season 1, Episode 1 of "Lilyhammer". Apparently, they also have wolves in Norway. CIO

Note: <888> 02/18/12 Saturday 5:10 P.M. I picked up the mail. I watched some television. CIO

Note: <888> 02/18/12 Saturday 4:20 P.M. I have been getting electronic interference on my primary Sony Trinitron WEGA television in the living room. I was told by an electronics person that I know downtown that it could be caused by having the Cablevision box on top of the television. I used a longer coaxial cable to reposition the cable box to on top of the Technics record turntable on the stereo bookcase rack behind the [www.harvard.edu](http://www.harvard.edu) chair to the right of the Sony Trinitron WEGA television. The electronics interference went away, but when I reconnected the video cable from the right primary computer Dell UltraSharp 2000FP monitor for Picture in Picture to the Cable box, the electronic interference came back. I disconnected that cable, and I left the Cablevision box on top of the Technics record turntable. I now have a clear sharp picture on the Sony Trinitron WEGA television. CIO

Note: <888> 02/18/12 Saturday 3:05 P.M. I took a 14 ounce pork tenderloins, and I put it in a Pyrex pie dish that I rubbed with olive oil, and seasoned it with garlic powder, ground black pepper, Italian seasoning, and

Jack Daniels barbecue sauce, and I cooked in the Sharp convection oven on a raised rack at 350 degrees Fahrenheit for 50 minutes. I ate the pork tenderloin with my usual steamed flavored rice with baby carrots and broccoli crowns with extra Virgin olive oil and Smart Balance spread and a 12 ounce glass of diet Canada Dry Ginger Ale and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/18/12 Saturday 1:45 P.M. I went out after the last note. I went downtown. I chatted with a local. I then went further downtown, and I chatted with the local some more. I then walked down Arch Street and East on Grigg Street, and I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I played a Spin 3 scratch card for a dollar, but I lost. I used the bathroom at Starbucks midway and at the end of my walk. I toured CVS. I chatted with another local. I sat out for a while. I then returned home. CIO

Note: <888> 02/18/12 Saturday 9:05 A.M. I will now shower and clean up and put foot fungus cream on my feet. I will then go downtown to Greenwich Avenue to take a walk. CIO

Note: <888> 02/18/12 Saturday 8:25 A.M. I woke up at 7 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/18/12 Saturday 2:40 A.M. I will now go back to bed. CIO

Note: <888> 02/18/12 Saturday 2:10 A.M. I put away the laundry. CIO

Note: <888> 02/18/12 Saturday 1:30 A.M. I have a little over 10 minutes to go on the dry cycles. CIO

Note: <888> 02/18/12 Saturday 1:10 A.M. I am just about ready to eat a 19 ounce can of seasoned Campbell's Homestead chili with a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 02/18/12 Saturday 12:45 A.M. I woke up at 11:30 P.M.. I started two loads of laundry, and I am just about to start the dry cycles. I put clean linens on the bed. I threw out the garbage and the old periodical literature. I watered the plants. CIO



Note: <888> 02/17/12 Friday 5:10 P.M. CWU Department of Geological Sciences

Welcome to the Institute of Geosciences - Mainz

George Bush Presidential Library Foundation

Debate Night in Arizona | Mitt Romney for President

Ronald Reagan Presidential Foundation and Library: Email - Special Offer in Honor of President's Day!

Global Volcanism Program | Volcanic Activity Reports | Bulletin of the Global Volcanism Network | Volume 36, Number 12 (December 2011)

BBC News - Fake US bonds worth trillions seized

BBC News - Dutch Prince Johan Friso buried in Austria avalanche

I chatted with a friend. I will now shut down the primary work computer, and I will go to bed soon. I will eat an apple tart. CIO

Note: <888> 02/17/12 Friday 3:45 P.M. I ate a 18.8 ounce can of Campbell's 98% less fat Harvest Select New England clam chowder with parsley and a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

Note: <888> 02/17/12 Friday 2:55 P.M. I threw out the garbage after the last note. I went by the Valley Road post office, and I mailed a letter to a relative. I used two Forever stamps on it. I then went by the Chase Bank at 19 West Putnam Avenue. I then went by CVS on Greenwich Avenue, and I picked up a prescription. I then went further downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS again, and I bought a 8 inch by 10 inch Ashley frame for \$5.99 and a second one for 50% off for \$2.99 and .57 tax for \$9.55 total. I then finished my walk. I chatted with a local politician, and he told me about the new Apple Mountain Lion operating system OS X Mountain Lion: 5 Most Exciting New Features | Gadget Lab | Wired.com. I then used the bathroom at the Senior and the Arts center. I then went by the Stop and Shop, and I bought four day old muffins for \$2.25, a two pound bag of baby carrots for \$3.29, bananas for .79 a pound for \$1.75, broccoli crowns for \$1.69 a pound for .98 less .70 can and bottle return for \$7.57 total. I then returned home.

The order with tracking of [USPS.com® - Track & Confirm](#) on the order for two [Blackstone Blackout Panels - Curtains Draperies | Domestications](#) in 54 inches by 84 inches in sage for \$13.99 each with free shipping with coupon code "HEARTFS" arrived. I hung them with the new curtain rod in the bedroom window. They pretty much go all of the way to the top, and there is about a foot of open space at the bottom that I covered up with various window shelf items. Of course in the summer the air conditioner will fill part of that space. They are a nice sage color. They are not too heavy about the weight of a bed sheet, but they darken the room plenty enough to be able to sleep in the bedroom in the daytime. I threw out the shipping package, and I told the building custodian I had installed the new curtains. I picked up the mail. I chatted with a relative. CIO

Note: <888> 02/17/12 Friday 9:50 A.M. I will now shower and clean up and put dry skin cream on my feet. I will then go out to do errands. CIO

Note: <888> 02/17/12 Friday 9:25 A.M. I adjusted the new bedroom curtain rod, so it is now seven inches out from the window on both side and six inches down from the top. The new curtains should be delivered today. I have the items moved around from the bedroom window, so when the new curtains arrive, I will be able to install them quickly. CIO

Note: <888> 02/17/12 Friday 8:20 A.M. I woke up at 6:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/16/12 Thursday 8:00 P.M. I watched some television. I ate the remaining half of the pizza with a 12 ounce glass of diet [www.coke.com](#) . I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/16/12 Thursday 5:20 P.M. I watched the movie "St. Ives". CIO

Note: <888> 02/16/12 Thursday 3:20 P.M. I put the curtain rod box behind the bedroom door. I threw out the shipping material, and I picked up my mail. CIO

Note: <888> 02/16/12 Thursday 2:55 P.M. The order with tracking of [USPS.com® - Track & Confirm](#) on the curtain rod [In-Tension Rods - Clearance | Domestications](#) in 52 to 90 inches in bronze for \$27.99 with free shipping with coupon code "HEARTFS" arrived. I hung the curtain rod by the

secure screw method, and it is six inches from the top of the window and out 6 inches on the right side and 7 inches on the left side. Once the curtains arrive, I unscrew the curtain rod from its secure end pieces attached to the side walls, and I put the curtains on the rod and reattach it by screwing it back on to its secure end pieces. I was able to stand up a little higher in the window by standing on the window speaker flat side down on the window sill. There will be about a foot of space at the bottom of the curtains, since they are only 84 inches high. I want them as high as I can reach to keep the sun out in the afternoons. By off setting the curtain an inch from left to right, it flows more evenly into the room. CIO

Note: <888> 02/16/12 Thursday 11:55 A.M. I chatted with a relative.

I took a 28.3 ounce Di Giorno frozen pepperoni deluxe self rising pizza, and I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it, and I put it on a round pizza pan, and I am cooking it on a raised rack in the Sharp convection oven at 400 degrees Fahrenheit for 27 minutes. I will eat half with a 12 ounce glass of diet Canada Dry Ginger Ale , and I will refrigerate the other half in a Rubbermaid container. I will also have a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/16/12 Thursday 11:20 A.M. The new jacket is quite nice and fits well and has lots of pockets. CIO

Note: <888> 02/16/12 Thursday 11:05 A.M. Tell the Canadian government: Stop your tar sands wolf kills!

I.B.M.: Big Data, Bigger Patterns - NYTimes.com

BBC News - General Motors unveils record profits for 2011

BBC News - Slow walking 'predicts dementia'

The order with tracking number of "1Z86392W0393529359" at UPS: Tracking Information on the order in 2XL in Moss Woolrich Elite 44432 Barn Coat - Clearance for \$31.25 with coupon code "DEALNEWS" with free shipping arrived. CIO

Note: <888> 02/16/12 Thursday 10:30 A.M. I made 144 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching the movie "Warlock". CIO

Note: <888> 02/16/12 Thursday 7:50 A.M. I showered and I cleaned up, and I put dry skin cream on my feet. I threw out the garbage. I chatted with a neighbor. I picked up the mail. I got my new [www.aarp.org](http://www.aarp.org) membership cards. I will now make cigarettes. CIO

Note: <888> 02/16/12 Thursday 6:55 A.M. Tracking is [USPS.com](http://USPS.com)® - Track & Confirm on the order for two Blackstone Blackout Panels - Curtains Draperies | Domestications in 54 inches by 84 inches in sage for \$13.99 each with free shipping with coupon code "HEARTFS". CIO

Note: <888> 02/16/12 Thursday 6:50 A.M. Note on Cost of Socialism:

### Current European Tax Rates

United Kingdom  
Income Tax: 50%  
VAT: 17.5% TOTAL: 67.5%

France  
Income Tax: 40%  
VAT: 19.6% TOTAL: 59.6%

Greece  
Income Tax: 40%  
VAT: 25% TOTAL: 65%

Spain  
Income Tax: 45%  
VAT: 16% TOTAL: 61%

Portugal  
Income Tax: 42%  
VAT: 20% TOTAL: 62%

Sweden  
Income Tax: 55%  
VAT: 25% TOTAL: 80%

Norway  
Income Tax: 54.3%  
VAT: 25% TOTAL: 79.3%

Netherlands

Income Tax: 52%  
VAT: 19%      TOTAL: 71%

Denmark

Income Tax: 58%  
VAT: 25%      TOTAL: 83%

Finland

Income Tax: 53%  
VAT: 22%      TOTAL: 75%

If you've started to wonder what the real costs of socialism are going to be - once the full program in these United States hits your wallet, take a look at the table. As you digest these mind-boggling figures, keep in mind that in spite of these astronomical tax rates, these countries are still not financing their social welfare programs exclusively from tax revenues! They are deeply mired in public debt of gargantuan proportions.

Greece has reached the point where its debt is so huge it is in imminent danger of defaulting.

That is the reason the European economic community has intervened to bail them out. If you're following the financial news, you know Spain and Portugal are right behind Greece .

The United States is now heading right down the same path. The VAT tax in the table is the national sales tax that Europeans pay. Stay tuned because that is exactly what you can expect to see the administration proposing after the fall elections. The initial percentage in the United States isn't going to be anywhere near the outrageous numbers you now see in Europe. Guess what? The current outrageous numbers in Europe didn't start out as outrageous either. They started out as minuscule - right around the 1% or 2% where they will start out in the United States. Magically, however, they ran up over the years to where they are now. Expect the same thing here.

It is the very notion that with hard work and perseverance, anybody can get ahead economically here in the USA. Do you think that can ever happen with tax rates between 60% and 80%? Think again. With the government taking that percentage of your money, your life will be exactly like life in Europe... You will never be able to buy a home. You will never buy a car. You will never send your children to college. Let's not shuffle the battle cry of the socialists under the rug either. It's always the same cry. Equalize

income. Spread the wealth to the poor whoever they are. Level the economic playing field. Accomplish that and everything will be rosy.

It's time to take a really hard look at reality. Greece is a perfect example. Despite the socialism system that has ruled that country for decades, with a 65% tax rate, they are drowning in public debt, would have defaulted without hundreds of billions in bailout money from the EU, and still. . . 20% of their population lives in poverty.

What has all that socialism money bought, besides ultimate power for the politicians running the show?

Do you think these people are "free"? They're not. They are slaves to their economic "system."

Instead of spreading the wealth around, spread this info around. It might wake up some people.

End of Note: CIO

Note: <888> 02/16/12 Thursday 6:20 A.M. I went back to bed, and I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/16/12 Thursday 12:40 A.M. After the last note, I ate an apple tart and two chocolate chip cookies. I went back to bed, and I just woke up now. CIO

Note: <888> 02/15/12 Wednesday 4:15 P.M. [Biltmore Email Newsletter](#)

[A special invitation for you to take part in our new campaign Visit Scotland](#)

[34th IGC - Congress Venue](#)

[USGS: Volcano Hazards Program California Volcano Observatory](#)

[BBC News - Crime chiefs agree to get tough on illegal tiger trade](#)

[BBC Nature - Tiny lizards found in Madagascar](#)

[BBC News - Hidden cameras show rare snow leopards 'thriving'](#)

BBC News - Nazis from space spoof makes Berlin premiere CIO

Note: <888> 02/15/12 Wednesday 2:50 P.M. I am preparing the same dinner as yesterday, but I will have it with a 12 ounce glass of diet Canada Dry ginger ale. It will be ready in about a half hour. CIO

Note: <888> 02/15/12 Wednesday 2:15 P.M. Groningen (province) - Wikipedia, the free encyclopedia

Provincie Groningen CIO

Note: <888> 02/15/12 Wednesday 1:50 P.M. I chatted with a relative. CIO

Note: <888> 02/15/12 Wednesday 1:05 P.M. Tracking is USPS.com® - Track & Confirm on the curtain rod In-Tension Rods - Clearance | Domestications in 52 to 90 inches in bronze for \$27.99 with free shipping with coupon code "HEARTFS". CIO

Note: <888> 02/15/12 Wednesday 12:05 P.M. I woke up at 8 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I went back to bed until 11:30 A.M.. I made my bed.

I checked my blood pressure. It is 108, 70,83. CIO

Note: <888> 02/14/12 Tuesday 9:05 P.M. I watched some television. I ate an apple tart and five chocolate chip cookies. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. I think at the www.un.org , Nantucket is seated near Nepal. CIO

Note: <888> 02/14/12 Tuesday 6:30 P.M. I threw out the garbage. I picked up the mail. CIO

Note: <888> 02/14/12 Tuesday 5:45 P.M. I woke up at 3 P.M.. I watched the documentary "Secrecy". I made my bed. CIO

Note: <888> 02/14/12 Tuesday 1:45 P.M. I opened up the package of pork tenderloins. I cut one piece in half, and I took the thicker piece about 13 ounces, and I put it in a Pyrex pie dish that I rubbed with olive oil, and I rubbed the pork with olive oil, and seasoned it with garlic powder, ground black pepper, Italian seasoning, and Jack Daniels barbecue sauce, and I cooked in the Sharp convection oven on a raised rack at 350 degrees

Fahrenheit for 50 minutes. I refrigerated the rest of the pork tenderloins in a Rubbermaid container. I ate the pork tenderloin with my usual steamed flavored rice with baby carrots and broccoli crowns with extra Virgin olive oil and Smart Balance spread and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) and a cup of green tea with Equal sweetener and Borden lemon juice. I will now shut down the primary work computer, and I will take a nap. CIO

Note: <888> 02/14/12 Tuesday 11:55 A.M. I chatted with a relative.

Optimum Click To Call Home Phone Service in NY, NJ and CT as low as \$19.95/Month CIO

Note: <888> 02/14/12 Tuesday 10:55 A.M. I owned this safer car Michael Scott's 1995 Volvo 850 Turbo Wagon Maintenance Record: and <http://mikelouisscott.com/photo/volvo001.JPG> after the Hyundai Accent, but it got flooded and totaled in a flood a couple of years after owning it. I also owned this Volvo before the Hyundai Accent <http://mikelouisscott.com/VOLVO001.jpg> . I owned a 1984 two door white Ford Escort that never started in the winter before the white Volvo sedan. I owned this real gasoline guzzler after the Volvo Wagon Michael Scott 1992 Buick Roadmaster Station Wagon , and I sold it to an FBI agent that worked at Two Federal Plaza. I currently own this great Autobahn car 1998 Audi A6 owned by Michael Scott which I plan to have for a long time. I owned a yellow Volkswagen Dasher wagon starting about October 1986, when I had gone for almost three years without a car in Greenwich when I moved back here from Natucket, and after that I owned a green Volkswagen Dasher wagon until I got the white Volvo sedan. Of course I have owned other cars in my life, when I was younger. CIO

Note: <888> 02/14/12 Tuesday 10:20 A.M. I once owned this car 1999 Hyundai Accent L for sale with 42,500 miles at Greenwich, CT. USA, for \$1,950 cash , but my relatives did not consider it safe. I sold it to a Mount Vernon, New York police officer who also had a Mini Cooper [MINIUSA.com](http://MINIUSA.com) . CIO

Note: <888> 02/14/12 Tuesday 10:05 A.M. I chatted with a relative.

Sheets are on sale today Daily Deals, 1 Sale A Day .

The way I figure it, is oil goes to \$150 a barrel, gasoline will be \$6.50 to \$7.00 a gallon. If one wants to see a vintage museum of some of the most gasoline guzzling cars in the world, all one has to do is take a walk down West Putnam Avenue in Greenwich, Connecticut.



smart car Lease Specials - Find a smart center to Lease or Buy CIO

Note: <888> 02/14/12 Tuesday 9:25 A.M. Prison Planet.com » Russian Army Chief: Decision On Iran Attack To Be Made By Summer CIO

Note: <888> 02/14/12 Tuesday 9:15 A.M. What this story RTM: Is Greenwich giving away town assets for too little? - GreenwichTime neglects to mention is how much money in property tax the building pays to the Town of Greenwich, Connecticut each year. CIO

Note: <888> 02/14/12 Tuesday 8:10 A.M. With the Obama recession in full swing, there is not much going on in the Cyberworld. I will now shower and clean up and put dry skin cream on my feet.

IBM to close down Symphony, its OpenOffice fork | ZDNet

OpenOffice.org - The Free and Open Productivity Suite CIO

Note: <888> 02/14/12 Tuesday 6:30 A.M. Happy Valentine's Day. I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/13/12 Monday 8:30 P.M. I ate the other half of the pizza with a 12 ounce glass of diet www.coke.com . I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

Note: <888> 02/13/12 Monday 7:20 P.M. I watched Series 2 Episode 6 of "Downton Abbey". CIO

Note: <888> 02/13/12 Monday 4:55 P.M. I threw out the shipping box. I picked up the mail. I chatted with neighbors. CIO

Note: <888> 02/13/12 Monday 4:00 P.M. AOGS 2012

Institut de Physique du Globe de Paris

Westminster Dog Show Will Add a Site During Garden Renovations - NYTimes.com

Ronald Reagan Presidential Foundation and Library: Email - Ronald Reagan: An American Legend Vault Book-An Incredible Collectible!

BBC News - Nasa budget slashes Martian fundsMicrosoft India

I chatted with a relative. I had a visit from a local community organizer.

My 11 A.M. appointment was cancelled for tomorrow. CIO

Note: <888> 02/13/12 Monday 2:50 P.M. The order with tracking of USPS.com® - Track & Confirm on the order for two orders of Premier Light 100's Cigarette Tubes 5 Boxs 1000 Tubes filtered tubes RYO - GarryG for \$28.71 and \$6.50 shipping for \$35.21 total arrived. CIO

Note: <888> 02/13/12 Monday 2:10 P.M. I tested the three 9 volt smoke detectors in the apartment, and they all work just fine. CIO

Note: <888> 02/13/12 Monday 12:50 P.M. I took a 32.7 ounce DiGiorno DiGiorno.com | It's Not Delivery. It's DiGiorno. frozen supreme deluxe self rising pizza, and I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it, and I put it on a round pizza pan, and I am cooking it on a raised rack in the Sharp convection oven at 425 degrees Fahrenheit for 28 minutes. I will eat half with a 12 ounce glass of diet 7-UP, and I will refrigerate the other half in a Rubbermaid container. I will also have a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/13/12 Monday 12:20 P.M. I went out after the last note. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar Store, and I played a "Aces High" scratch card for a dollar, but I lost. I stopped by CVS, and I bought two 12.5 ounce boxes of White Chocolate Chip and Macadamia nut cookies for \$3 each two 18.8 ounce cans of Campbell's New England clam chowder for \$1.50 each, and two 6.35 ounce Pringles sour cream and onion potato chips for \$1.50 each for \$12.74 total. I used the bathroom at CVS. I finished my walk. They were working on laying more cables underneath Greenwich Avenue. I then drove down by the waterfront on Steamboat Road They are working on the Indian Harbor Yacht Club Junior Sailing Dock on the east side of Steamboat Road pouring concrete around it. I took a longer drive to charge up the Audi battery. I drove through Bruce Park. There is a large fallen tree on the east side of Bruce Park. I drove north on Indian Field Road, and I stopped by the Cos Cob Mobil Mart, and I bought \$14.02 of premium self service gasoline for \$4.499 a gallon for 3.117 gallons at odometer reading of 69610 miles for 28.5 miles driving since January 30, 2012 for 9.144 miles per gallon in

mostly local traffic. I then drove west on East Putnam Avenue. There was a dead skunk in the road opposite the rectory at Christ Church. I stopped by the Shell Station at Sherwood Place, and I filled up my tires to 32.5 PSI all around. I then went by the Greenwich Library, and I read [www.pcworld.com](http://www.pcworld.com) magazine. I then went by the Stop and Shop, and I bought four day old apple tarts for \$2, a six pack of day old Kaiser rolls for \$1.75, a boneless pork tenderloin for \$3.99 a pound for \$12.37 and bananas for .79 a pound for \$1.02 for \$17.14 total. I then returned home. I chatted with the building custodian. I put away my groceries. CIO

Note: <888> 02/13/12 Monday 7:45 A.M. I threw out the garbage. I cleared a little bit of light snow powder off the Audi. It looks to be pretty much clear out. I guess we could launch a massive assault on downtown Greenwich Avenue to launch the World's financial markets this morning. I will now go downtown to see if Greenwich Avenue has changed in a week, since I was last out. CIO

Note: <888> 02/13/12 Monday 6:45 A.M. I chatted with a friend. I will now shower and clean up and put foot fungus cream on my feet. Generally, in the winter one spends more time inside up here north of the Mason Dixon line, so we do not always run out in icy weather just to see a few people having coffee at the comfort of [www.starbucks.com](http://www.starbucks.com) on Greenwich Avenue. Sometimes when there are icy conditions, the trains do not run properly, since the ice can interfere with the overhead electrical wires. However, they do not say there are icy conditions, just at 6 P.M. last night there were light snow flurries that caused icy conditions. Still I have nothing to do downtown, so I guess I will stay inside this morning.

[Live Duval Street Web Cam in Key West, Florida :: Sloppy Joe's Bar ::](#)

[Key West Hotels- Florida Keys Luxury Resort- Casa Marina A Waldorf Astoria Resort](#)

[John Pennenkamp Coral Reef State Park](#)

[Florida Keys Luxury Resort – Cheeca Lodge & Spa – Islamorada Florida Hotel Resort](#)

[Luxury Caribbean Resorts & Beach Vacations | Caneel Bay | Luxury Virgin Island Resort & Getaway](#)

[Virgin Islands National Park \(U.S. National Park Service\)](#)

[Welcome to Mt Irvine](#)

Well, the way I figure it, we have at least another month to two months of winter, so it is not going away anytime soon. Microsoft is introducing the consumer beta of Windows 8 in Barcelona, Spain on February 29, 2012. While in Spain, they could always visit Lanzarote - All About Lanzarote . It can be colder here right up until Easter, and I use to wear a heavy jacket even around the fourth week of May, so don't expect warmer weather anytime soon. CIO

Note: <888> 02/13/12 Monday 5:45 A.M. Might still be icy out there on the roads 7-vehicle pileup among icy traffic chaos in Greenwich - GreenwichTime CIO

Note: <888> 02/13/12 Monday 5:35 A.M. I woke up at 4 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/12/12 Sunday 6:05 P.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/12/12 Sunday 5:15 P.M. BBC News - Falkland Islands: A shortage of eggs CIO

Note: <888> 02/12/12 Sunday 5:05 P.M. I ate three scrambled eggs, and five strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of Schweppes Tonic Water with two tablespoons of Borden lemon juice. I chatted with a relative. The relative told me that the wolves in Scotland is why they have Scottish Deerhound - Wikipedia, the free encyclopedia which is like a Borzoi - Wikipedia, the free encyclopedia or Irish Wolfhound - Wikipedia, the free encyclopedia . There will probably be more dogs in the area with the 2012 Dog Show - News, Events, Finalists, Dog Breeds & Awards - WestminsterKennelClub.org coming up this week. CIO

Note: <888> 02/12/12 Sunday 3:20 P.M. I rested until noon. I drank a 12 ounce diet www.coke.com . I watched the movie "Centurion". It shows a bit of the rugged mountainous Scottish wilderness with large wolves. I drank a 12 ounce glass of Schweppes Tonic water soda with two tablespoons of Borden's lemon juice. I made my bed again. CIO

End of Scott's Notes week of 02/12/12:

Note: <888> 02/12/12 Sunday 8:35 A.M. I ate the other half of the pizza with a 12 ounce glass of diet 7-UP.

Tracking is USPS.com® - Track & Confirm on the order for two orders of Premier Light 100's Cigarette Tubes 5 Boxes 1000 Tubes filtered tubes RYO - GarryG for \$28.71 and \$6.50 shipping for \$35.21 total.

I will now send out my weekly notes. I will then shut down the primary work computer, and I will take a nap. CIO

Note: <888> 02/12/12 Sunday 7:50 A.M. I made 120 Smoker's Best Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching "Hitler's Secrets". CIO

Note: <888> 02/12/12 Sunday 6:10 A.M. I currently weigh 224 pounds, so I am managing to keep my weight up despite the higher cost of food. I eat a lot of rice and oatmeal. I threw out the garbage. I picked up the mail from yesterday. I have the Section 8 Greenwich Housing Authority inspection at 4 P.M. on Wednesday February 22, 2012. I have to make sure the smoke detectors work. I will now make cigarettes. CIO

Note: <888> 02/12/12 Sunday 5:20 A.M. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 02/12/12 Sunday 4:50 A.M. I made my bed again. CIO

Note: <888> 02/12/12 Sunday 4:10 A.M. I woke up from my long winter's nap at 3:30 A.M..

I took a 28.3 ounce Di Giorno frozen pepperoni deluxe self rising pizza, and I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it, and I put it on a round pizza pan, and I am cooking it on a raised rack in the Sharp convection oven at 400 degrees Fahrenheit for 27 minutes. I will eat half with a 12 ounce glass of diet www.coke.com , and I will refrigerate the other half in a Rubbermaid container. I will also have a cup of green tea with Equal sweetener and Borden lemon juice. I have to get on a day schedule for a 11 A.M. appointment this Tuesday February 14, 2012.

Birthday Boy Abraham Lincoln - Wikipedia, the free encyclopedia .

The President's Holiday is not until Monday February 20, 2012 Presidents Day and Washington's Birthday 2012, Presidents Day and Washington's Birthday 2013 and further CIO

Note: <888> 02/11/12 Saturday 11:55 P.M. I watched the movie "Dorian Gray".

I think I have been sleeping a bit more, since it is colder in my apartment this winter, since I have been trying to save on electric heat, so since I probably have Nordic hibernation genes, I have been hibernating a bit more during the colder period of this winter. CIO

Note: <888> 02/11/12 Saturday 9:30 P.M. I chatted with a relative. CIO

Note: <888> 02/11/12 Saturday 8:40 P.M. I rested some more until 8 P.M.. I then watched a bit of television. CIO

Note: <888> 02/11/12 Saturday 6:05 P.M. After the last note, I watched "The Reich Underground". I then went to bed about 8 A.M.. I woke up and ate 5 chocolate chip cookies. I finally woke up at 4:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a friend. CIO

Note: <888> 02/11/12 Saturday 5:30 A.M. I will now shut down the primary work computer. I will watch some video before going to bed. CIO

Note: <888> 02/11/12 Saturday 4:50 A.M. I ate the last four cold 3/8th inch thick slices of cold eye round of beef with horseradish and Lea and Perrins Worcestershire sauce and my usual steamed flavor rice mixture with steamed baby carrot slices and broccoli crowns and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet 7-UP and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/11/12 Saturday 3:15 A.M. [Avoid Serious Illness And Infectious Diseases During Travel In The USA, Lyme Disease, West Nile, Diarrhea, Flu - AARP](#)

[Microsoft gets it right with Windows 8 on ARM, and why Apple should be worried | ZDNet](#)

[Muon and Neutrino Radiography | Clermont Ferrand, April 2012](#)

[Objetivos del curso:](#)

[Universitat de Girona > Welcome to University > International > English](#)

BBC News - Vega rocket set for maiden voyage

BBC News - Anonymous says attack put CIA website offline

BBC News - Microsoft's Sinofsky reveals Windows on ARM ambitions CIO

Note: <888> 02/11/12 Saturday 2:40 A.M. I put away the laundry. CIO

Note: <888> 02/11/12 Saturday 1:55 A.M. I order two orders of Premier Light 100's Cigarette Tubes 5 Boxs 1000 Tubes filtered tubes RYO - GarryG for \$28.71 and \$6.50 shipping for \$35.21 total. CIO

Note: <888> 02/11/12 Saturday 1:30 A.M. I have 50 minutes to go on the two dry cycles. CIO

Note: <888> 02/11/12 Saturday 1:05 A.M. I put clean linens on the bed. I showered, and I cleaned up, and I put dry skin cream on my feet. I started two loads of laundry, and I have 15 minutes to go on the wash cycles. I chatted with a neighbor. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 02/10/12 Friday 11:45 P.M. I woke up at 9:30 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. CIO

Note: <888> 02/10/12 Friday 2:05 P.M. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles barbecue potato chips and a dill pickles slice and a 12 ounce glass of diet www.coke.com . I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/10/12 Friday 12:50 P.M. For my bedroom window, I ordered two Blackstone Blackout Panels - Curtains Draperies | Domestications in 54 inches by 84 inches in sage for \$13.99 each and a In-Tension Rods - Clearance | Domestications in 52 to 90 inches in bronze for \$27.99 with free shipping with coupon code "HEARTFS" for \$55.97 total. I have to use the In-Tension Rods, since there is no place to screw in brackets to mount curtain rods on either side of the bedroom window, but I can position the In-Tension rod between both parts of the adjacent wall to the bedroom window.

I chatted with a relative to get approval on the order above. CIO

Note: <888> 02/10/12 Friday 11:35 A.M. I watched a movie "The Prophecy, Foresaken". CIO

Note: <888> 02/10/12 Friday 9:40 A.M. I ate five chocolate chip cookies. CIO

Note: <888> 02/10/12 Friday 9:00 A.M. I went downstairs, and I chatted with a neighbor. CIO

Note: <888> 02/10/12 Friday 8:00 A.M. This is available First Act USB Keyboard for \$23.99 less 20% with coupon code "SMS4742" plus \$5.95 shipping and tax. CIO

Note: <888> 02/10/12 Friday 6:40 A.M. I ate two cold 1/2 inch thick slices of cold eye round of beef with horseradish and Lea and Perrins Worcestershire sauce and my usual steamed flavor rice mixture with steamed baby carrot slices and broccoli crowns and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet www.coke.com and a cup of green tea with Equal sweetener and Borden lemon juice. I will now shower and clean up and put dry skin cream on my feet. I probably will not go downtown for a walk, since I figure it is better to stay home and conserve body heat.

Qatar Purchases Cézanne's The Card Players for More Than \$250 Million, Highest Price Ever for a Work of Art

Amazon.com: Krups XP1020 750-Watt Steam Espresso Machine with 4-Cup Glass Carafe: Kitchen & Dining

Buy.com - Coffee and Espresso Combination Machine in Black

Buy.com - Krups 4-Cup Steam Espresso Machine CIO

Note: <888> 02/10/12 Friday 4:50 A.M. This is available to make cappuccino Amazon.com: Capresso 303.01 4-Cup Espresso and Cappuccino Machine: Kitchen & Dining about \$50 with free shipping.

Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |



Tracking number is "1Z86392W0393529359" at [UPS: Tracking Information](#) on the order in 2XL in Moss [Woolrich Elite 44432 Barn Coat - Clearance](#) for \$31.25 with coupon code "DEALNEWS" with free shipping.

[BBC News - The FBI files of the rich and famous](#)

[BBC News - Laser radar spots quake changes](#) CIO

Note: <888> 02/10/12 Friday 3:45 A.M. For the Dutch boy that has everything [Krups BeerTender Recon C75 Home Draught Beer System works w/ Heineken DraughtKeg \(010942206675\) | eBay](#)

More tubes are available here [Krups BeerTender Tubes - 6 Pack - 108431 | KrupsOnlineStore.com](#) ,

You can buy the newer model here [Krups B100 BeerTender - B100 | KrupsOnlineStore.com](#) . They sell the Heinen beer kegs at the Stop and Shop on West Putnam Avenue, and I would imagine the Port Chester beer distributor also has them. With the higher prices of gasoline, more people are probably not driving too much, so I guess it is safe for them to stay home and drink beer, when they are not driving. CIO

Note: <888> 02/10/12 Friday 2:40 A.M. I did not clean up. I rested until now. According to the [www.greenwichtime.com](#) , in the past week, there have been murders at night in nearby Port Chester, New York, Bridgeport, Connecticut and Norwalk, Connecticut; so I don't think it is safe to go out an exercise walk at night. CIO

Note: <888> 02/09/12 Thursday 11:25 P.M. I woke up, and I ate 5 chocolate chip cookies. I finally woke up at 9 P.M., when a relative called. I called back the relative. There was a false fire alarm in the building. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I threw out the garbage. I picked up the mail. I called the Greenwich Housing Authority at 1-203-869-1138 about a building maintenance problem. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 02/09/12 Thursday 12:15 P.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/09/12 Thursday 12:05 P.M. I chatted with a friend.

The order with tracking of UPS: Tracking Information on the order for in red or wine 2XL Moose Creek Hike 9 oz. Chamois Shirt - Long Sleeve (For Men) - Save 45% less 20% off coupon code of "ALNEWYEAR2" for \$17.56 and \$5.95 shipping for \$23.51 total arrived. It fits just fine. CIO

Note: <888> 02/09/12 Thursday 11:20 A.M. Holly Hill plan unveiled at open house - GreenwichTime They have books available also. One has to be careful when driving through dumps, so one does not pick up nails or other sharps objects and get a flat tire. CIO

Note: <888> 02/09/12 Thursday 11:15 A.M. I chatted with a relative. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles barbecue potato chips and a dill pickles slice and a 12 ounce glass of diet www.coke.com .

I called up the A&P Fresh at 160 West Putnam www.apfreshonline.com at 1-203-622-0374, and their TurkDucken Turducken - Wikipedia, the free encyclopedia weighs 15 pounds, and it is frozen and it costs \$59.99. It is a boneless turkey stuffed with a hen and then stuffed with a duck with corn bread and walnut and cranberry stuffing. Thus if you have a lot of people to feed and time to defrost it, you would probably be stuffed yourself. CIO

Note: <888> 02/09/12 Thursday 9:20 A.M. When I was sitting outside this morning at 6:15 A.M., and I was waiting for the frost to melt off the windows of the Audi, the newspaper delivery person arrived to deliver a paper. He got out of his black sub compact car with a little brown Pekinese type dog, and he went into the building to deliver the paper with the dog. When he came out with the dog, he got in the car and took off leaving the dog behind. The dog chase him up the driveway, but I am not sure if he retrieved the dog or not. There were a half dozen people around the family apartments going to work at the time, so possibly they retrieved the dog. When I got home, I call the Greenwich Police about the matter, and they transferred me to Animal Control, and I reported the matter. I also contacted the Greenwich Housing Authority, and they called me back, and they said they would check with the newspaper about the dog and the delivery person. CIO

Note: <888> 02/09/12 Thursday 8:30 A.M. I went out after the last note. I threw out the garbage. I ran the Audi for a while to get rid of the frost off the windows. I went by the new CVS on West Putnam Avenue, and I bought buy one get one 50% off of CVS 180 count 81 mg. baby aspirin for \$8.49 and \$4.24, a 100 yards of CVS mint dental floss for \$2.87, a 7 ounce CVS moisturizing shave gel for \$2.29, and two 15 ounce Alberto VO5 Kiwi and Lime hair conditioner for .99 each and \$1.26 tax for \$21.13 total. I then

went by the A&P Fresh, and I bought four 16.5 ounce Marie Callender beef pot pies for \$2.50 each, a two pound bag of baby carrots for \$2.99, Dole bananas for .79 a pound for \$2.14, a 15 ounce bottle of Lea and Perrins Worcestershire sauce for \$4.99, broccoli crowns for \$1.69 a pound for \$1.17, less .95 for can and bottle returns for \$20.34 total. If one has a hungry crowd to feed, they have frozen turduckhens at the A&P Fresh. I then returned home, and I put away my groceries and other items. CIO

Note: <888> 02/09/12 Thursday 6:10 A.M. I ate two cold 1/2 inch thick slices of cold eye round of beef with horseradish and Lea and Perrins Worcestershire sauce and my usual steamed flavor rice mixture with steamed baby carrot slices and broccoli crowns and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of Schweppes Tonic soda with a couple of tablespoons of Borden lemon juice. I will now go downtown to do some errands. I might sit out for a while, but I probably won't walk Greenwich Avenue, since it is a bit cold out for old duffers like myself. CIO

Note: <888> 02/09/12 Thursday 5:00 A.M. Windows 8 Hits 'Consumer Preview' Feb. 29 -- Redmond Channel Partner

Cunard FEEL FAMOUS SALE!

34th IGC - Congress Venue - Queensland -

AGU Chapman Conference on Hawaiian Volcanoes: From Source to Surface

GNS Science

Biltmore Email Newsletter

Why Windows 8 matters for real work, and so will Windows 9 | ZDNet

Ronald Reagan Presidential Foundation and Library: Email - Save \$100 on Ronald Reagan's "A Portrait in Bronze" Sculpture.

BBC Nature - Zebra stripes evolved to keep biting flies at bay

BBC News - Jungle tribes untouched by modern civilisation

BBC News - Napoleon's failure: For the want of a winter horseshoe

BBC News - America and Eurasia 'to meet at north pole'

BBC News - Lake Vostok drilling team claims breakthrough CIO

Note: <888> 02/09/12 Thursday 4:00 A.M. I made 120 Smoker's Best Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching "The O.S.S.". CIO

Note: <888> 02/09/12 Thursday 2:05 A.M. I threw out the garbage. I picked up the mail. I will now make cigarettes. CIO

Note: <888> 02/09/12 Thursday 1:15 A.M. I ordered in 2XL in Moss Woolrich Elite 44432 Barn Coat - Clearance for \$31.25 with coupon code "DEALNEWS" with free shipping. CIO

Note: <888> 02/09/12 Thursday 12:45 A.M. I went to bed until 9 A.M.. I ate the rest of the opened box of triscuits and a 12 ounce glass of Schweppes Tonic water with a couple of tablespoons of lemon juice. I watched the final Episode 5 of "The Queen". I chatted with a relative. I went to bed about 11:30 A.M.. I had a telephone call offering a free promotion for Walt Disney World Resort . I woke up at 11 P.M., and I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. For the last 18 hours I charged up the three jump start systems and the 2 million watt rechargeable lantern. I will now shower and clean up and put foot fungus cream on my feet. CIO

Note: <888> 02/08/12 Wednesday 7:15 A.M. I watched Episode 4 of "The Queen".

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/08/12 Wednesday 5:50 A.M. I ate 14 triscuit crackers. CIO

Note: <888> 02/08/12 Wednesday 5:25 A.M. UCS: Independent Science, Practical Solutions | Union of Concerned Scientists

Crystal Cathedral to be used as college campus in bankruptcy deal - CSMonitor.com

First look: Windows 8 breaks new ground

BBC News - Genetic Parkinson's disease brain cells made in lab CIO

Note: <888> 02/08/12 Wednesday 4:40 A.M. I ate two cold 3/8th inch thick slices of cold eye round of beef with horseradish and Lea and Perrins Worcestershire sauce and my usual steamed flavor rice mixture with steamed baby carrot slices and broccoli crowns and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet 7-UP and a cup of green tea with Equal sweetener and Borden lemon juice.

Note: <888> 02/08/12 Wednesday 12:35 A.M. I showered, and I cleaned up, and I put dry skin cream on my feet. I threw the garbage down the garbage chute. I picked up the mail. CIO

Note: <888> 02/07/12 Tuesday 11:05 P.M. I chatted with a friend after the last note. I ate 7 triscuit crackers. I went to bed, and I woke up at 5 P.M., and I chatted with a relative. I went back to bed until 9 P.M.. I chatted with a relative twice. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I watched two episodes of "60 Minutes" on [www.cnbc.com](http://www.cnbc.com) . One was about super trading.

I was told on March 25, 2008 that MF Global controls a lot of futures trading with computerized trading with advanced algorithms. On the 60 Minute program, they showed a smaller high speed trading firm which looked to be above Restoration Hardware store on Greenwich Avenue. I have also seen a Bill Clinton look alike at that location. It sort of makes me wander what else is going on Greenwich Avenue that I have not observed. CIO

Note: <888> 02/07/12 Tuesday 9:30 A.M. I ate 14 triscuit crackers. I watched the end of the video "Inside the C.I.A.".

[BBC News - Prince Charles leads Charles Dickens celebrations](#)

[The British Monarchy | Facebook](#)

[Lyme disease high-risk areas revealed in new map | Fox News](#)

[American Lyme Disease Foundation Map](#)

[This Year's Most Generous Billionaire Philanthropist Has Been Dead Since 2006 - Forbes](#)

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/07/12 Tuesday 7:30 A.M. Diamond Jubilee Concert Launch, 7 February 2012

BBC - The Diamond Jubilee Concert

Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine CIO

Note: <888> 02/07/12 Tuesday 7:10 A.M. I watched Episode 3 of "The Queen". CIO

Note: <888> 02/07/12 Tuesday 5:50 A.M. Vizio 32" E321VL \$214.99 refurbished and free shipping eBay - New & used electronics, cars, apparel, collectibles, sporting goods & more at low prices CIO

Note: <888> 02/07/12 Tuesday 4:20 A.M. \$239.95 with free shipping ★ NEW★ VIZIO E320VA 32" Flat-Panel LCD HDTV 720p ECO HDTV E Series TV Television (845226003585) | eBay

I ate cooking a 3 pound top round eye round of roast in the Sharp Convection oven at 350 degrees Fahrenheit for 46 minutes. I seasoned it with garlic powder, ground black pepper, Italian spices and Jack Daniels barbecue sauce. I will eat two half inch thick slices with my usual steam flavored rice and steamed baby carrot slices and broccoli crowns with Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet www.coke.com with a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/07/12 Tuesday 3:10 A.M. Computer Components, Computer Accessories items in Newegg store on eBay!

Note: <888> 02/07/12 Tuesday 1:45 A.M. SNW Spring 2012

Tracking is UPS: Tracking Information on the order for in red or wine 2XL Moose Creek Hike 9 oz. Chamois Shirt - Long Sleeve (For Men) - Save 45% less 20% off coupon code of "ALNEWYEAR2" for \$17.56 and \$5.95 shipping for \$23.51 total.

My seven favorite Windows 7 utilities | ZDNet

BBC News - SeaWorld sued over 'enslaved' killer whales

BBC News - Ladybird decline driven by 'invading' harlequin

BBC News - Skydiver Felix Baumgartner planning 36km record bid CIO

Note: <888> 02/07/12 Tuesday 12:50 A.M. I sorted out the magazines in the magazine rack to the left side of the Ethan Allen recliner. I threw out the old magazines and periodical literature. It seems pretty quiet over here in Byram. I have plenty of activity to keep my busy at home, so there is no point in walking downtown on Greenwich Avenue in the early morning hours. Still "Across the Pond" in Western Europe, they are just waking up and starting a new day, but they have not yet learned to communicate over here with the night people whom happen to be awake. There are always people awake at night and the early morning hours in Manhattan, but it would cost too much money for me to venture into Manhattan to see a few pub crawlers whom might be happening to visit the Big City. With the price of gasoline, one can not cruise around here aimlessly at night like one use to be able to do in the old days. Still I have a good internet and communications setup in my home office. Since the Western Hemisphere is isolated by two large oceans, we tend to be in a rather remote part of the planet without much going on here. Still a lot of people on the West Coast in California tend to keep night and early morning hours, so some of them might still be awake right now. Since rich people seem to rule the world, after they have dinner and cocktails nothing seems to go on while they sleep. Still having been a night person all of these years, I am use to the night time schedule. I suppose there are still a number of people awake in the Greenwich Hospital at this hour of the morning waiting for something to happen. It is nice weather out. The diner on East Putnam Avenue across from the Y.M.C.A. is opened 24 hours, but I don't see many people wandering in there at this hour of the morning anymore. I used to know a lot of night places in Manhattan until I moved out of Manhattan 30 years ago, so I doubt if many of those early morning haunts are still opened anymore. I suppose a lot of the night time bloggers in Manhattan are sitting at various wireless locations, if they don't have the internet at home. People out in the country tend to be on more daytime schedules, since there is really not too much happening out in the country in the early morning hours. Judging by the amount of noise I heard while sleeping on Monday, it was a busy day. If one wants to see what is happening over at the Rockefellers in North Tarrytown, New York at this hour of the morning, there is a 24 hour diner at the I-287 north exit for Tarrytown, New York, but in the old days before the internet, it was not too busy in the early morning hours. There are fast food restaurants at the I-95 rest areas in Darien, Connecticut, but I am not sure if those places are safe to venture to at this hour of the morning. If there are any Spanish around here, they usually do not have dinner until after 10 P.M. at night, so maybe some Spanish restaurants might still be opened. I guess since Greenwich, Connecticut evolved from a rural farming community, there are not many night time

people around here. Since the local youth have school in the daytime, they probably would not be awake at this hour of the morning. Some of the local college students might be awake, but I am way beyond my college years. I suppose the local public safety building is fully staffed waiting for something to happen, but they usually do not feel like socializing with "Night Owls". CIO

Note: <888> 02/07/12 Tuesday 12:10 A.M. I picked up the mail. CIO

Note: <888> 02/06/12 Monday 11:20 P.M. I ate seven triscuit crackers before going to bed. I slept until 10 P.M. this evening. I had a number of phone calls while sleeping including a telephone call changing my appointment tomorrow to the same time next week. I also chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put dry skin cream on my feet.

Queen Elizabeth II Marks Accession Day | Fox News CIO

Note: <888> 02/06/12 Monday 6:55 A.M. I watched Episode 1 and 2 of "The Queen".

I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 02/06/12 Monday 4:35 A.M. Queen Elizabeth II's 60th anniversary on the throne Elizabeth II (queen of United Kingdom) -- Britannica Online Encyclopedia . CIO

Note: <888> 02/06/12 Monday 4:25 A.M. I ordered in red 2XL Moose Creek Hike 9 oz. Chamois Shirt - Long Sleeve (For Men) - Save 45% less 20% off coupon code of "ALNEWYEAR2" for \$17.56 and \$5.95 shipping for \$23.51 total. CIO

Note: <888> 02/06/12 Monday 4:10 A.M. Colorado Storm Snow Totals - 99.9 The Point - Today's Best Music!

In 2XL these chamois shirts are available Timberland Men's Chamois Cloth Shirt Size assorted colors/sizes NWT FREE SHIP | eBay and Moose Creek Hike 9 oz. Chamois Shirt - Long Sleeve (For Men) - Save 45% , but I don't need anymore shirts at the moment.



I ate the other half of the pizza with a 12 ounce glass of diet [www.coke.com](http://www.coke.com) .

Since I am half Dutch, I put the Dutch Tricolor up on the far left bookcase in the hallway with the larger new U.S.A. flag over the right hallway bookcase, and I moved the British Union Jack flag from the left hallway bookcase to in front of the left living room closet. To open the left living room closet door, which I do frequently, one can quickly unhook the British Union Jack flag from its left side to open the closet. CIO

Note: <888> 02/06/12 Monday 2:15 A.M. [BBC Sport - Super Bowl XLVI: New York Giants pip New England Patriots in epic](#) CIO

Note: <888> 02/06/12 Monday 1:30 A.M. Ronald Reagan birthday [Ronald Reagan - Wikipedia, the free encyclopedia](#) and [Ronald Reagan Presidential Foundation and Library](#) .

I threw the garbage out in the garbage chute. I did some routine computer maintenance. CIO

Note: <888> 02/05/12 Sunday 11:20 P.M. I woke up at 5 P.M., and I chatted with a relative. I finally woke up at 9 P.M., and I watched Episode 5 of Series 2 of "Downton Abbey". I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put foot fungus cream on my feet. CIO

Note: <888> 02/05/12 Sunday 12:05 P.M. I watched the movie "Oxford Blues". I took a 32.7 ounce DiGiorno [DiGiorno.com | It's Not Delivery. It's DiGiorno.](#) frozen supreme deluxe self rising pizza, and I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it, and I put it on a round pizza pan, and I am cooking it on a raised rack in the Sharp convection oven at 425 degrees Fahrenheit for 28 minutes. I will eat half with a 12 ounce glass of diet Canada Dry Ginger Ale, and I will refrigerate the other half in a Rubbermaid container. I chatted with a relative. I will now shut down the primary work computer, and I will go back to bed. CIO

End of Scott's Notes week of 02/05/12:

Note: <888> 02/05/12 Sunday 8:25 A.M. [Welcome to ScholarOne Abstracts](#)

BBC News - Malaria deaths hugely underestimated - Lancet study

BBC News - Motorists warned as snow turns to ice

I will now send out my weekly notes. CIO

Note: <888> 02/05/12 Sunday 7:10 A.M. I woke back up at 7 A.M..

My [www.ci-p.com](http://www.ci-p.com) electricity bill for January 2012 was \$158.77 for 1049 kWh or 36.17 kWh per day over 29 days with an average temperature outside of 35.7 degrees Fahrenheit.

For January 2011, it was \$235.88 for 1459 kWh or 47.06 kWh per day over 31 days with an average temperature of 24.1 degrees Fahrenheit. Thus it was a lot warmer this past January. CIO

Note: <888> 02/05/12 Sunday 2:35 A.M. I ate a 8 ounce sautéed top round London Broil burger on a Kaiser roll with two slices of processed white American cheese and Heinz ketchup and steamed flavored rice with slices of baby carrots and broccoli crowns with Smart Balance Spread and extra virgin olive oil and a 12 ounce glass of Schweppes Tonic water with a couple of tablespoons of Borden lemon juice and a cup of green tea with Equal sweetener and Borden lemon juice. I will now take a nap for a while. CIO

Note: <888> 02/05/12 Sunday 1:10 A.M. I made 101 Smoker's Best Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching "A Yank in the RAF". CIO

Note: <888> 02/04/12 Saturday 11:25 P.M. I picked up the mail.

I will now make cigarettes. CIO

Note: <888> 02/04/12 Saturday 10:05 P.M. I woke up at 6:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I went back to bed until 9 P.M.. I chatted with a relative. I watched part of "My Fair Lady". I made my bed. I will now shower and clean up and put dry skin cream on my feet. I saw on the news earlier that the Rocky Mountains had up to 55 inches of snow in the last couple of days. CIO

Note: <888> 02/04/12 Saturday 9:45 A.M. I drank a glass of Schweppes Tonic water with a couple of tablespoons of lemon juice.

## Historic Greenwich lighthouse shines again - GreenwichTime

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/04/12 Saturday 9:00 A.M. I went to the Stop and Shop. I bought a 59 ounce container of Florida Natural orange juice with calcium for \$3, a 16 ounce package of Smart Balance Lite spread for \$3.59, four 18.8 ounce cans of Campbell's Select Harvest New England clam chowder for \$1.25 each, two 12 ounce generic honeys for \$2.25 each, two 9.5 ounce reduced fat Triscuit crackers for \$2.50 each, two 64 ounce Ocean Spray crangrape juice for \$2.50 each, two 64 ounce Ocean Spray cranraspberry juice for \$2.50 each, two 48 ounce Quaker old fashioned oats for \$4.79 each, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.39, a top round eye round of roast for \$3.59 a pound for \$10.40, fresh bananas for .79 a pound for \$1.78, a Vidalia onion for \$1.49 a pound for \$1.10 for \$54.84 total. I then returned home, and I used my little folding wire cart that I brought with me to bring up the groceries. I put away the groceries. CIO

Note: <888> 02/04/12 Saturday 6:55 A.M. I ate a ham and cheese sandwich with mayonnaise on a Kaiser roll and 1/3rd of a 6.2 ounce tube of Pringles barbecue potato chips and a dill pickles slice and a 12 ounce glass of diet Canada Dry Ginger Ale.

I will now go out to the Stop and Shop to get my first of the month groceries. CIO

Note: <888> 02/04/12 Saturday 6:20 A.M. [BBC News - Andrew Marr goes behind the scenes with The Queen](#)

[BBC News - Royal family tell Queen's story in BBC series](#)

[BBC News - Queen could not do public duty without Philip says Harry](#)

[BBC News - Royal Family plans for Queen's Diamond Jubilee unveiled](#)

[BBC News - Prince William arrives in the Falklands for deployment](#)

[Official UK tourism & places to visit | England, Scotland & Britain](#)

[Create Jobs for USA](#)

Foods That Reduce High Blood Pressure, Fight Hypertension and Heart Disease - AARP Bulletin

George Bush Presidential Library Foundation

Do you want to know with whom you are traveling?

Ronald Reagan Presidential Foundation and Library: Email - Celebrate President Reagan's 101st Birthday With 15% Off Your Entire Order!

BBC News - Do the dead outnumber the living?

BBC News - US treasure hunters seek billions in platinum from shipwreck

BBC News - Prince Charles optimistic for fisheries' future

BBC News - Four telescope link-up creates world's largest mirror

BBC News - Hubble snaps stunning barred spiral galaxy image

BBC News - Pinball wizard Tim Arnold shows off his Las Vegas museum CIO

Note: <888> 02/04/12 Saturday 3:55 A.M. I went out into the tundra of Greenwich Avenue after the last note. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. There were a few pub crawlers about Greenwich Avenue. I chatted with one young couple who tried to interview me. There was a British fellow talking about religion to two young girls at the top of Greenwich Avenue which seemed sort of strange. After my walk, I sat out for a while. I then went by the new [www.cvs.com](http://www.cvs.com) on West Putnam Avenue. I chatted with some of their staff. I mentioned that they need a sign lighted up at night to show where their West Putnam Avenue entrance is. I also mentioned the sign would have to be high enough up in the air and far enough away from the road, so it would not be covered by snow by the snow plow in the winter. I bought two Di Giorno 32.7 ounce frozen Supreme self rising pizzas buy one get one free for \$7.79 both. I then returned home. While holding the pizzas and chatting at CVS, I got a cramp in my left side and left arm which took a while to go away. I don't think it was a stroke, but just in case I took a baby aspirin and a glass of water. CIO

Note: <888> 02/04/12 Saturday 12:35 A.M. I reheated and ate the other half of the pizza from last night, and I ate it with a 12 ounce glass of diet SunKist orange soda. I will now go downtown for a while. CIO

Note: <888> 02/03/12 Friday 11:55 P.M. \$269 with free shipping refurbished and 90 day warranty VIZIO 32" 32 in E320VA 720p 60Hz USB Port 4x HDMI HD LCD HDTV w/ Warranty (845226003585) | eBay CIO

Note: <888> 02/03/12 Friday 11:40 P.M. I put away the laundry. CIO

Note: <888> 02/03/12 Friday 10:35 P.M. I put Queen Elizabeth II's Christmas letter in the frame that holds the other Christmas messages from previous years, and I hung it back on the back side of the bedroom door. CIO

Note: <888> 02/03/12 Friday 10:25 P.M. I have 50 minutes to go on two dry cycles. CIO

Note: <888> 02/03/12 Friday 10:05 P.M. I put clean linens on the bed. I chatted with a relative. I showered, and I cleaned up, and I put foot fungus cream on my feet. I started two loads of laundry, and I have 15 minutes to go on the wash cycles. I picked up the mail. I received a Christmas Letter from Queen Elizabeth II Welcome to the official website of the British Monarchy . I threw out the garbage and the old periodical literature. CIO

Note: <888> 02/03/12 Friday 8:25 P.M. I ate a few day old muffin before going to bed. I woke up at 6:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I chatted with a relative. CIO

Note: <888> 02/03/12 Friday 5:55 A.M. I watched Episode 3 and 4 of Series 2 of "Downton Abbey". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/03/12 Friday 3:25 A.M. I drank a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 02/03/12 Friday 2:55 A.M. The company that built the Teepak sausage casing factory in Columbia, South Carolina was Daniel construction out of Greenville, South Carolina which is now a part of www.fluor.com out of Irvine, Texas where www.exxon.com is also headquartered. However, the only person that I have read about on the internet that is from Irvine, Texas is Melinda French Gates – Bill & Melinda Gates Foundation , so she might know other people down there. However, people from south generally don't come north in the winter, because it is too cold for them in our cold Nordic environment of Greenwich, Connecticut and even colder further up

north, once one gets away from the ocean. I think [www.microsoft.com](http://www.microsoft.com) has staff in Vermont, because at one Microsoft conference, the head presenter was from Vermont, but the only person that emails me outside of family and friends is from [Official Guide to Stowe Vermont: Hotels, Skiing Vacations - Resorts, Lodging, Dining, Spa](#) which is nearby where [www.ibm.com](http://www.ibm.com) started [Winter Vacations at Smugglers' Notch Vermont](#) , and there is also the [Trapp Family Lodge, Stowe Vermont, Vermont Vacations, Cross Country Skiing, Back Country Skiing, Snowshoe adventures, Ski & Stay Packages](#) , and if you can not afford to go way up north to Vermont, you can always order Vermont Maple Syrup from [Vermont Maple Syrup](#) . One might even find a Vanderbilt or two at [Shelburne Farms, Vermont](#) and [Cabot Cheese - Award Winning Vermont cheddar](#). which is up there as is [Garelick Farms](#) and the [Vermont Country General Store | Classic Products | Hard to Find Products](#) .

However out in Wisconsin, they also have [Carr Valley Cheese Co. - Wisconsin Cheddar, American Originals, Artisanal and Award Winning Cheeses](#) .

I suppose, there might be a few people left in Kennebunkport, Maine for the winter:

[Kennebunkport, Maine, Scott's Internet Hotlist](#)

[Kennebunkport, Maine, Scott's Internet Hotlist](#) CIO

Note: <888> 02/03/12 Friday 2:20 A.M. Back in the 1970s, when Gerry Ford was president and Nelson Rockefeller was vice president, a relative got a free ride on the [Domino's Pizza, Order Pizza Online for Delivery - Dominos.com](#) company jet. If you want sausage on your pizza, another relative built the World's largest sausage casing factory for [Viskoteepak](#) in Columbia, South Carolina. CIO

Note: <888> 02/03/12 Friday 1:45 A.M. I picked up the mail.

[Ronald Reagan Presidential Foundation and Library: Email - Free Centennial Highlight Video available - Watch Now!](#)

[Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |](#)

[MSc Volcanology and Geological Hazards | Lancaster Environment Centre Courses](#)

[LEC - Environmental Geosciences](#)

BBC News - More Galileo satellites orderedBBC News - Humble moss helped to cool Earth and spurred on life

I took a 32.7 ounce Di Giorno [DiGiorno.com](http://DiGiorno.com) | It's Not Delivery. It's DiGiorno. frozen supreme deluxe self rising pizza, and I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it, and I put it on a round pizza pan, and I am cooking it on a raised rack in the Sharp convection oven at 425 degrees Fahrenheit for 28 minutes. I will eat half with a 12 ounce glass of diet 7-UP, and I will refrigerate the other half in a Rubbermaid container.

When I lived down in the Key West, Florida in the old days, I knew Bob Russell who was the founder of Pizza Hut [Pizza Hut - Pizza Delivery, Order Pizza Online, Dinner Deals, Catering](http://PizzaHut.com) before he sold it to [www.pepsi.com](http://www.pepsi.com). Obviously in the pizza business, they have connections with the [American Dairy Association and Dairy Council](http://AmericanDairyAssociation.com) which produces the cheese for the pizzas. Mooooo! CIO

Note: <888> 02/02/12 Thursday 10:15 P.M. Today was the world famous "Ground Hog Day". I will now shower and clean up and put dry skin cream on my feet. Look at it this way, the Milkmen are just waking up in England. CIO

Note: <888> 02/02/12 Thursday 10:00 P.M. I woke up at 8 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 02/02/12 Thursday 10:45 A.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/02/12 Thursday 10:25 A.M. I threw out the garbage. I went downtown to the Chase Bank at 19 West Putnam Avenue. I then went by the Wells Fargo Bank on Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I then went by the new CVS on West Putnam Avenue. They have plenty of Di Giorno frozen pizzas for buy one get one free. I bought two buy one get one free of Di Giorno 26 ounce frozen self rising supreme pizzas for \$7.79 both. I then returned home. CIO

Note: <888> 02/02/12 Thursday 8:35 A.M. I woke up at 8 A.M.. I reheated and ate the other half of the pizza with a 12 ounce glass of diet 7-UP. I will now go out to pay the rent. CIO

Note: <888> 02/02/12 Thursday 5:40 A.M. I will now take a nap until 8 A.M.. CIO

Note: <888> 02/02/12 Thursday 5:20 A.M. I watched Episode 2 Series 2 of "Downton Abbey". I remember having once read that two million British soldiers were killed in World War I, wiping a large portion of the young men of the Nation. CIO

Note: <888> 02/02/12 Thursday 3:55 A.M. 2012 GSA Cordilleran Section Meeting

AOGS 2012

13 Windows 8 features worth knowing about

BBC News - Super volcanoes 'may be predicted'

BBC News - Kinect for Windows gesture sensor launched by Microsoft CIO

Note: <888> 02/02/12 Thursday 2:40 A.M. I took a 28.3 ounce Di Giorno frozen pepperoni deluxe self rising pizza, and I put garlic powder, ground black pepper, Italian seasoning, oregano, grated parmesan and Romano cheese and extra virgin olive oil on it, and I put it on a round pizza pan, and I am cooking it on a raised rack in the Sharp convection oven at 400 degrees Fahrenheit for 27 minutes. I will eat half with a 12 ounce glass of diet 7-UP, and I will refrigerate the other half in a Rubbermaid container.

I got my rent bill yesterday from the Greenwich Housing Authority, so at around 8:30 A.M. this morning, I will go out an pay my rent. CIO

Note: <888> 02/02/12 Thursday 2:10 A.M. I made 151 Smoker's Best Lights 100 MM filter Peter Stokkebye Turkish and Norwegian pipe tobacco cigarettes while watching "The One Percent". CIO

Note: <888> 02/01/12 Wednesday 11:45 P.M. Greenwich Gossip . A similar mural was transferred from the Milbank Avenue elementary school to the Greenwich Library. I photographed the post office mural this fall <http://www.youtube.com/watch?v=u4WKCKCYgjo&context=C315cefdADOEgSToPDskKeIInvul71eX3HolUbCD0v> . CIO



Note: <888> 02/01/12 Wednesday 11:35 P.M. I threw out the garbage. I picked up the mail. I will now make cigarettes. CIO

Note: <888> 02/01/12 Wednesday 10:30 P.M. I did not clean up yet. I chatted with a relative. I watched episode 1 of series 2 of "Downton Abbey". I watched it off <http://video.pbs.org/> off the FIC server computer. I have the FIC server setup to play on the Sony television in the living room, when one changes the video input box to channel 2 and selects Video 2 on the Sony television. For sound, one turns on the Technics amplifier to Phono and disables the speakers and listens to the sound through the wireless headset in front of the Sony television. There is rumor that PBS might not provide the video on the internet for too much longer, so I am trying to watch what I can. I will now clean up. CIO

Note: <888> 02/01/12 Wednesday 7:50 P.M. I woke up for a telephone call canceling an appointment. I finally woke up at 6 P.M.. I changed the six wall calendars to February 2012. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a relative. I will now shower and clean up and put foot fungus cream on my feet. CIO

Note: <888> 02/01/12 Wednesday 7:20 A.M. More fine print.

[The Rockefeller File \(1976\) by Gary Allen](#)

[The New World Order, an Overview](#)

[The 13 Illuminati Satanic Bloodlines](#)

[George Bush: The Unauthorized Biography « TARPLEY.net](#)

[henrymakow.com - exposing feminism and the new world order](#)

Earlier I mailed the envelope downstairs in the mail room.

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 02/01/12 Wednesday 4:35 A.M. I paid my [www.cablevision.com](http://www.cablevision.com) Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my [www.cl-p.com](http://www.cl-p.com) electricity bill, and my [www.verizon.com](http://www.verizon.com) local telephone bill.

I will now reheat and eat the other half of the pizza with a 12 ounce glass of diet 7-UP. CIO

Note: <888> 02/01/12 Wednesday 2:45 A.M. I printed out three copies of the Microsoft Money 2007 Income versus spending report for January 2012. I have one copy ready to mail to an interested relative. I used one forever stamp on it. CIO

Note: <888> 02/01/12 Wednesday 1:15 A.M. The released episodes of "Downton Abbey" for this season are available at [PBS: Public Broadcasting Service](#)

[KLM iFly](#)

[Looking ahead to Windows 8: five big questions for Microsoft](#)

[Ronald Reagan Presidential Foundation and Library: Email - Special Gift With Your \\$50.00 Purchase!](#)

[Ronald Reagan Presidential Foundation and Library: Email - Beautiful Souvenir Book from the Reagan Library for only \\$9.95!](#)

[BBC News - New Air Force One tapes give insight on Kennedy death](#)

[CIA FOIA - Overview](#)

!!!!!! Dr. Edwin Land [Edwin H. Land - Wikipedia, the free encyclopedia](#) and the [www.polaroid.com](#) involvement with the [www.cia.gov](#) Blackbird Spy Plane  
[http://www.foia.cia.gov/docs/DOC\\_0000192682/DOC\\_0000192682.pdf](http://www.foia.cia.gov/docs/DOC_0000192682/DOC_0000192682.pdf) .

[BBC News - Cold weather kills dozens in eastern Europe](#)

[BBC News - Mashco-Piro 'uncontacted' Peruvian tribe pictured](#)

[BBC News - Polar bear Walker lured on scales with mackerel](#)

CIO

Note: <888> 03/31/12 Saturday 10:40 P.M. I threw out the garbage. I went by the Stop and Shop, and I bought two 10 ounce bars of Cracker Barrel Vermont extra sharp cheddar cheese for \$2.50 each and bananas for .79 a pound for \$1.26 less 40 cents returned cans for \$5.86 total. I then went by CVS on Greenwich Avenue, and I returned a second top for the black plastic bin, since I got two lime green tops by mistake. They have smaller desk chairs there for \$10 in the back area by the back door. I then went further downtown, and I walked lower Greenwich Avenue and the train station area. I chatted with a relative on my wireless telephone. I used the bathroom at Starbucks. I then returned home. I picked up the mail. The order with tracking of [USPS.com® - Track & Confirm](https://usps.com) for the order of [PQI 16GB U262 Traveling Disk USB Flash Drive, Gray, Model 6262-016GR1001](#) for \$12.85 with coupon code "MLC327VN" with free shipping arrived. I stored one of my 16 gigabyte pen drives with backup files of the FIC server in an off site top secret storage locations. I am making another copy on the new 16 gigabyte storage drive. CIO

Note: <888> 03/31/12 Saturday 6:55 P.M. I ate a 19 ounce Marie Callender meat, cheese and tomato lasagna with grated Parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. I will now shower and clean up and put foot cream on my feet. I will then go downtown to see if anything interesting is going on. CIO

Note: <888> 03/31/12 Saturday 6:05 P.M. After I saw Queen Elizabeth II and Prince Philip at Bloomingdales Department store on Third Avenue in Manhattan on July 5, 1976, I went back into Manhattan a couple of days later, and I parked along side the [Council on Foreign Relations](#) , and I found a four foot stack of papers in the garbage can on Park Avenue from [McGeorge Bundy - Wikipedia, the free encyclopedia](#) with a lot of material on the Law of the Seas Conference at the [www.un.org](http://www.un.org) . There were even a few pages on Howard Hughes' Glomar Explorer submarine and the search of Magnesium Nodules on the Ocean Floor. A friend of my mother's who father owned the British Motor Boat company looked at them out here in Greenwich, Connecticut. I had them in the trunk of my 1966 Chevrolet Biscayne four door sedan when I went down to Florida that following winter after having visited Nantucket that summer. The following spring in April 1977, when I returned to Nantucket, I donated the Chevrolet Biscayne and most of its contents to the Nantucket Hospital Thrift shop. I think I threw McGeorge Bundy's paper in the garbage cans behind the Nantucket Hospital Thrift Shop on India Street, so perhaps some enterprising Nantucket person found them. CIO

Note: <888> 03/31/12 Saturday 5:50 P.M. I chatted with a friend who was out walking his three dogs. I will now make my bed. CIO

Note: <888> 03/31/12 Saturday 5:20 P.M. Zakaria: Incarceration nation – Global Public Square - CNN.com Blogs

Prison Planet.com

Prison Planet.com » Deeper Insights into The Illuminati Family with Author Fritz Springmeier Comments Feed

Winning Mega Millions tickets sold in Maryland, Illinois, Kansas - CNN.com

I chatted with a relative.

This New Canaan - Waveny House use to be Lewis H. Lapham - Wikipedia, the free encyclopedia 's family estate in New Canaan, Connecticut.

It says here Collegiate Reformed Protestant Dutch Church - Wikipedia, the free encyclopedia the Scott family farm in Manhattan was located at Pearl Street Pearl Street (Manhattan) - Wikipedia, the free encyclopedia in Manhattan. I guess one could have a bite to eat at Fraunces Tavern - Wikipedia, the free encyclopedia and Fraunces Tavern . In a book published in 1700 that I looked at from the old book section in the Greenwich Library, it said in 1700, there were 2,000 residents in Manhattan, and there were two Scott family farms, and one of them was located by the First Dutch Reform Church, where that member of the Scott family was the sexton. Thus somebody from the Scott family has been haunting Manhattan since the earliest days. Those two Scott families only had daughters, and one of their daughters married into the Jay family that giving the Jay family a bit of Scott family property. CIO

Note: <888> 03/31/12 Saturday 4:10 P.M. I woke up at 1 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I went back to bed until 4 P.M.. CIO

Note: <888> 03/31/12 Saturday 4:00 A.M. I drank a diet 7-UP with Agostora Bitters. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/31/12 Saturday 3:25 A.M. I watched Lewis H. Lapham - Wikipedia, the free encyclopedia 's "The American Ruling Class". CIO

Note: <888> 03/31/12 Saturday 1:30 A.M. Wintry mix expected tonight - GreenwichTime CIO

Note: <888> 03/31/12 Saturday 12:55 A.M. I ate three scrambled eggs, and five strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Equal sweetener and Borden's lemon juice. CIO

Note: <888> 03/30/12 Friday 11:35 P.M. I put away the laundry.

I ordered two Premier Light 100's Cigarette Tubes 5 Boxs 1000 Tubes filtered tubes RYO - GarryG for \$28.71 and \$6.50 shipping for \$35.21 total. CIO

Note: <888> 03/30/12 Friday 10:55 P.M. Maybe they should open a branch at the old site of the Thataway Cafe on Greenwich Avenue The Heidelberg Restaurant, New York City . CIO

Note: <888> 03/30/12 Friday 10:35 P.M. George Bush Presidential Library Foundation

BBC News - Three US credit firms warn of security breach CIO

Note: <888> 03/30/12 Friday 10:20 P.M. I have friends coming out next Saturday and Sunday Easter weekend to visit, so I might be busy one or both of those days showing them around. They will be staying elsewhere. I will have to be on a day schedule for that though. CIO

Note: <888> 03/30/12 Friday 10:10 P.M. I have 45 minutes to go on the dry cycles. CIO

Note: <888> 03/30/12 Friday 9:55 P.M. I cleaned the Ionic Pro air purifier. CIO

Note: <888> 03/30/12 Friday 9:40 P.M. I put clean linens on the bed. I started two loads of laundry, and I have 20 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 03/30/12 Friday 8:45 P.M. I went back to bed after the last note. I chatted with two relatives and a friend. I just woke up. I ate an almond pastry. CIO

Note: <888> 03/30/12 Friday 4:35 P.M. I ate the rest of the linguine and tomato meat sauce with grated Parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 03/30/12 Friday 3:50 P.M. I chatted with a relative about noon. I think this is what the heated toilet that the relative bought Washlet S400 from ToToUSA , but possibly it is one of the other models. I finally woke up at 3 P.M.. I picked up the mail. I made my bed. CIO

Note: <888> 03/30/12 Friday 10:05 A.M. \$219.99 refurbished with free shipping Panasonic Viera 32" LCD HDTV 720p HDMI HD TV TC-32LX44 x44 Black | eBay

I will now take a nap. CIO

Note: <888> 03/30/12 Friday 9:30 A.M. I made 158 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg . CIO

Note: <888> 03/30/12 Friday 7:35 A.M. I threw out the garbage.

\$189.99 free shipping Newegg.com - Refurbished: Apex Digital 32" 720p 60Hz LCD HDTV LD3288T

Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

Tracking is USPS.com® - Track & Confirm for the order of PQI 16GB U262 Traveling Disk USB Flash Drive, Gray, Model 6262-016GR1001 for \$12.85 with coupon code "MLC327VN" with free shipping.

BBC News - The battle against spies in NYC

BBC News - Solar tornadoes caught on film by Aberystwyth scientists

I will now make cigarettes. CIO

Note: <888> 03/30/12 Friday 6:45 A.M. I made up a fresh batch of punch. CIO

Note: <888> 03/30/12 Friday 5:40 A.M. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and

milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put foot cream on my feet.

Google to open London startup centre CIO

Note: <888> 03/30/12 Friday 4:10 A.M. I woke up at 3 A.M.. I paid my www.cablevision.com Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my www.cl-p.com electricity bill, and my www.verizon.com local telephone bill. CIO

Note: <888> 03/29/12 Thursday 7:25 P.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/29/12 Thursday 6:55 P.M. I am just about to eat half of the remaining linguine and tomato meat sauce with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 03/29/12 Thursday 5:55 P.M. I went to my 3:30 P.M. appointment early. I then sat downtown briefly on a rather chilly day. I did not walk around, since I am on a different schedule today. I next went to the World Famous www.cvs.com at 99 Greenwich Avenue which has construction in front of it today laying new underground electrical cables. I used the back entrance. I bought a 17 gallon plastic black bin with a lime green plastic top on sale for \$3.99 and a CVS Laptop Desk Amazon.com: Used and New: RTH Round the House Adjustable Laptop Computer Notebook Desk Stand for 75% off for \$4.99 and .57 tax for \$9.55 total. I bought the last laptop desk, but they still have two black faux leather computer chairs for \$20 each and lots of 17 gallon bins. I then returned home to my quiet peaceful existence in Byram, Connecticut. I picked up the mail. I put the 17 gallon bin and the laptop desk on top of it on the left side of the bedroom window shelf. I can use the 17 gallon bin for storage and stack the reserved toilet paper on top of it. Today was a busy day for me, but since I had appointments, I dressed up like a Greenwich Preppy in the old days instead of street wise computer guru. CIO

Note: <888> 03/29/12 Thursday 2:20 P.M. I had a problem with the FIC home server in that www.mikelouisscott.com started working instead of http://mikelouisscott.com/, so in a little while it will be back to normal. I chatted with a relative. I ate two Oscar Meyer Angus beef hotdogs on buns with ketchup and Dijon mustard and Pringles sour cream and onion potato chips and a dill pickle slice and a 12 ounce glass of diet 7-UP. I will now go back out to my 3:30 P.M. appointment. CIO

Note: <888> 03/29/12 Thursday 12:05 P.M. After the last note, I woke up, and I ate an almond Danish and a few chunks of cheese. I slept lightly through the night. I finally woke up at 7:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I showered, and I cleaned up, and I put foot cream on my feet. I threw out the garbage. I chatted with neighbors. I went to my 10:30 A.M. appointment early. I then went downtown, and I chatted and walked briefly with a local walker. I sat out briefly. It was a bit cold out, so I returned home. I have a 3:30 appointment this afternoon. CIO

Note: <888> 03/28/12 Wednesday 9:55 P.M. I have a 10:30 A.M. and 3:30 P.M. appointment tomorrow. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/28/12 Wednesday 9:25 P.M. [Which streaming media device is right for you? | TV and Home Theater - CNET Reviews](#)

[Connect with KLM's Meet & Seat](#)

[BBC News - Europe's ATV freighter docks at space station](#)

[BBC News - Fossils foot bones hint at mystery walker](#)

[BBC News - History of the web goes offline at LOL gallery](#) CIO

Note: <888> 03/28/12 Wednesday 8:50 P.M. I chatted with a relative. I made up a batch of [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) or [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) . I ate one third of it and refrigerated two thirds in Rubbermaid containers, and I ate it with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/28/12 Wednesday 7:00 P.M. One of my relatives decided to save money on toilet paper and bought something like this [The japanese toilet\(butt washer\) - YouTube](#) . I hope the instructions are in English. CIO

Note: <888> 03/28/12 Wednesday 6:30 P.M. I threw out the garbage. I chatted with neighbors. I picked up the mail. CIO



Note: <888> 03/28/12 Wednesday 4:55 P.M. Need a change of scenery Sheridan Road - Wikipedia, the free encyclopedia leads to www.lfc.edu . The elite preppies at Lake Forest College use to say L.F.C. stood for "Last Fu\*\*\*\*\* Chance". CIO

Note: <888> 03/28/12 Wednesday 4:40 P.M. I will now shower and clean up and put foot cream on my feet. Basically not too much goes on in Greenwich, Connecticut, since a lot of the residents have larger homes, so they have to spend a lot of time maintaining them for better or worse, since that is pretty much all they know how to do. I guess with the warmer spring, a lot of residents are taking a risk and putting in flats of annuals in their summer gardens early or even planting tomatoes. One should look at the Old Farmers Almanac: weather forecasts gardening moon calendar recipes to see what the spring forecast is for 2012. They have a copy of it at the reference desk at the Greenwich Library Greenwich Library: Welcome , so one does not have to buy it. CIO

Note: <888> 03/28/12 Wednesday 4:15 P.M. Need a quiet place to rest Find A Grave Search Results Rockefeller Family grave yard .

John D. Rockefeller, III (1906 - 1978) - Find A Grave Memorial CIO

Note: <888> 03/28/12 Wednesday 3:35 P.M. I ordered PQI 16GB U262 Traveling Disk USB Flash Drive, Gray, Model 6262-016GR1001 for \$12.85 with coupon code "MLC327VN" with free shipping. CIO

Note: <888> 03/28/12 Wednesday 2:30 P.M. I woke up at noon. I chatted with a relative and a out of town security agency. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a friend. Basically I am like the Wicked Witch of the West, and I am afraid to go out on a rainy day, because I might melt, but right now the sun is beginning to come out. CIO

Note: <888> 03/28/12 Wednesday 4:00 A.M. I ate a day old almond Danish and 10 Triscuit crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. I will now shut down the primary work IBM type of PC DOS computer which seems to work just fine at the moment http://mikelouisscott.com/computer.htm . I will then go to bed. CIO

Note: <888> 03/28/12 Wednesday 3:25 A.M. I looked at NYPD - Precincts , and I called up the 17th Precinct at 1-212-826-3211 at 167 East 51st Street, and I pressed 2 for the detective bureau or 1-212-826-3206 for the direct line, and they told me that the building at 420 East 49th street is still there, but it looks like they are trying to do something with it. I chatted briefly about some other problems in their neighborhood, and they hung up on me, so I guess they are not interested in my old time observations. Basically I figure www.cbsnews.com or some other people I use to know might still have a presence in that area, but since there is a shortage of public bathrooms in Manhattan, and since I don't know how to deal with traffic crossing a street, and since I am on limited income, I don't need to venture into Manhattan to see how old anyone that I once knew have gotten. CIO

Note: <888> 03/28/12 Wednesday 2:15 A.M. At Christmas Time a friend from Greenwich living in Alabama sent me a \$10 bill, and he also enclosed this bill with the Christmas Card. It was folded, so it looked like a new \$100 bill, but it a'int worth the paper it is printed on. Down south which I have visited frequently has a well known and well posted sign that says "In God We Trust, All Others Pay Cash." CIO

<http://mikelouisscott.com/100f.jpg>

<http://mikelouisscottcom.cv.siteprotect.net/100f.jpg>

<http://mikelouisscott.com/100r.jpg>

<http://mikelouisscottcom.cv.siteprotect.net/100r.jpg> CIO

Note: <888> 03/28/12 Wednesday 1:25 A.M. This is the Executive Chair that I bought for half price at CVS today

<http://www.fourstari.com/Images/Manuals/Furniture/11223134C - EXECUTIVE CHAIR.pdf>

This is the 2 in 1 Breakfast and Laptop Tray CVS: Breakfast and Laptop Tray for \$3.75! and CVS Pharmacy Deal - Home Exclusives Breakfast & Laptop Tray or Childs Folding Table

Printable Coupons - Extreme Couponing: DiscountQueens.com CIO

Note: <888> 03/28/12 Wednesday 12:35 A.M. The tulips and daffodils are out here in Greenwich, Connecticut.

Tulip Time Festival | May 5-12, 2012

Holland Michigan

Russ's Drive In in Holland, Michigan used to have the best Fried Onion Rings in the World, and I have never tasted better, but I don't know if they still exist. CIO

Note: <888> 03/28/12 Wednesday 12:05 A.M. Forbes See Kentucky Derby  
vhub

34th IGC - Congress Venue - Queensland -

Anaconda III Whitsundays Great Barrier Reef - YouTube

Brock University

Computersurplusoutlet.com - Surplus Computers and Wholesale Computer Parts

Richard Clarke: China has hacked every major US company | ZDNet

Chemistry Resources | Online University

\$129.99 CompUSA.com | ET.UG5HP.A01 | Acer G245HQ 24 Class Widescreen LCD Monitor

IBM Announcement Summary - March 27, 2012

BBC News - 'Thermal cloak' hides objects from heat

BBC News - Cassini spacecraft makes Saturn moon flyby

BBC Nature - Bottlenose dolphins: 'Gangs' run society, scientists say CIO

Note: <888> 03/27/12 Tuesday 10:10 P.M. I chatted with a relative. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance Spread and extra virgin olive oil on the vegetables and a 12 ounce glass of diet 7-UP and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/27/12 Tuesday 9:05 P.M. The laptop breakfast tray came assembled, so I placed it on the wall to the left side of the refrigerator in the kitchen. It would be convenient for using a laptop computer in bed. I assembled the office chair without any problems. I move the Abit computer CPU on the left side of the computer desk, so there is room to slide the

office chair to slide underneath the computer desk. There is one catch in that the maximum weight for it is 220 pounds. I put a small blue post it note on the back of the chair, so anyone can see it with a "200 pound weight limit". That means when I use the Abit computer, I have to use one of the more sturdy wooden chairs, since I weigh 225 pounds. Still it all works. I threw out the boxes that the items came with. I moved the pine dining chair from behind the Ethan Allen recliner to in front of the hallway IBM ThinkCentre. I moved the larger raw wooden kitchen chair from that location to behind the Ethan Allen recliner. CIO

Note: <888> 03/27/12 Tuesday 7:35 P.M. I threw out the garbage. I picked up the mail. The order with tracking of UPS Package ID Results on the order for Windows 7 Premium Upgrade, that I bought Family Daily Deal, 1 Sale A Day Microsoft Windows 7 Anytime Upgrade From Starter to Home Premium w/ Internet Explorer 9 & Windows Live Mesh! ends at midnight \$34.99 and \$4.99 shipping for \$39.98 total arrived. I next put a red sweater on to be warmer. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I picked up a prescription. I bought on sale a 2 in 1 breakfast and laptop tray table for \$3.75 and .24 tax for \$3.99 total. I made parking change for a local resident. I went by the Chase Bank at the top of Greenwich Avenue, and I got more parking change. I finished my walk carrying my heavy parcel. I then drove back to CVS, and I bought on sale a black faux leather Executive Chair for \$19.99 and \$1.27 tax for \$21.26 total. They have a few similar items on sale in the back of the CVS store on Greenwich Avenue. I then went by the Stop and Shop, and I bought a box of three day old almond pastries for \$2, a 14 ounce Marie Callender sweet and sour chicken dinner for \$2.50, a 13 ounce Marie Callender honey roasted chicken dinner for \$2.50, a 8 ounce Stop and Shop parmesan and Romano grated cheese for \$2.99, and fresh bananas for .79 a pound for \$1.84 for \$11.38 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$12.01 of self service V-Power gasoline with a dime a gallon off with the Stop and Shop card for \$4.459 a gallon for 2.693 gallons for 35 miles driving since Friday March 16, 2012 at odometer reading of 69739 miles for 12.997 miles per gallon in mostly local traffic. I then returned home. I used my little folding cart from the rear of the Audi to bring up my purchases. I put it back in the rear trunk of the Audi. I moved the small folding wicker chair underneath the bedroom desk, and I moved the small oak chair from in front of the hallway IBM ThinkCentre to in front of the bedroom desk. I moved the solid wood ornate raw wood chair from in front of the Abit computer setup along side of the Ethan Allen recliner to in front of the hallway IBM ThinkCentre. I will now assemble the two pieces of furniture that I bought today. CIO

Note: <888> 03/27/12 Tuesday 3:05 P.M. \$199 with free shipping refurbished Vizio 32" E321VL Flat Panel LCD HD TV Full HD 720p TV 100,000:1 Contrast Ratio (845226005343) | eBay

I will now shower and clean up and put foot cream on my feet. I will then go downtown for a walk. CIO

Note: <888> 03/27/12 Tuesday 2:05 P.M. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/27/12 Tuesday 12:35 A.M. Amazon.com: Roku 2 XS 1080p Streaming Player: Electronics \$79.99 with free shipping.

I ate 10 Triscuit crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese.

I will now shut down the primary work computer, and I will go to bed soon.

National Weather Service Watch Warning Advisory Summary for this area. CIO

Note: <888> 03/26/12 Monday 10:45 P.M. I chatted with a relative.

The Rich Get Even Richer - NYTimes.com

BBC News - Pond skaters' feet inspire buoyant new material

Microsoft Safety Scanner - Antivirus | Remove Spyware, Malware, Viruses Free

Virus and Security Solution Center

BBC News - Microsoft names ex-antivirus employee as botnet 'suspect'

BBC News - Microsoft moves to disable Zeus botnet CIO

Note: <888> 03/26/12 Monday 9:10 P.M. I ate a 16.5 ounce Marie Callender beef pot pie with a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 03/26/12 Monday 8:20 P.M. I finished the movie. I chatted with a relative. CIO

Note: <888> 03/26/12 Monday 6:55 P.M. I made 137 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching "A Room with a View". I will now go back to watching the movie. CIO

Note: <888> 03/26/12 Monday 4:55 P.M. I threw out the garbage. I chatted with neighbors. I picked up the mail. The order for two eBay - DVI-D 24+1 female to VGA male adapter New & used electronics, cars, apparel, collectibles, sporting goods & more at low prices for \$2.99 each for \$5.98 total with free shipping arrived. I used one of them to hook up the K-World tuner with a DVI-D cable to Acer LCD 22 inch monitor, but it would not recognize it, so I put the VGA cable back on the TV setup. I adjusted the Acer 22 inch LCD monitor, so it has better color. I chatted with a friend. I will now make cigarettes. CIO

Note: <888> 03/26/12 Monday 2:15 P.M. 20 percent of Greenwich households earn under \$50K - GreenwichTime

\$249.99 with free shipping Toshiba 32FT2U 32 LCD HDTV - 1080p, 60Hz, HDMI, DynaLight, (Refurbished) at TigerDirect.com

\$299.99 with free shipping refurbished Vizio 37" E371VL Flat Panel LCD HD TV Full HD 1080p TV 6.5ms 100,000:1 Contrast (845226005350) | eBay

Michael Louis Scott's Bottom Fishing Links

Michael Louis Scott's Bottom Fishing Links

I will now shower and clean up and put foot cream on my feet. I will then make cigarettes. CIO

Note: <888> 03/26/12 Monday 1:30 P.M. I ate an apple tart before going to bed. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/26/12 Monday 12:15 A.M. Sipping From a Skull | Food & Think

Death and Disarray at America's Racetracks - NYTimes.com

Dick Cheney Recovering After Getting a New Heart - NYTimes.com

BBC News - James Cameron back on surface after deepest ocean dive

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/25/12 Sunday 10:30 P.M. I ate three scrambled eggs, and five strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 03/25/12 Sunday 9:10 P.M. I chatted with a relative.

It says here GENERAL WINFIELD SCOTT - Scott - Family History & Genealogy Message Board - Ancestry.com , Winfield Scott's Winfield Scott - Wikipedia, the free encyclopedia father was from Scotland. The last time I read it, it said he was Ireland, so I guess they are not really sure. CIO

Note: <888> 03/25/12 Sunday 8:10 P.M. At Discount Shopping at the Best Deals - NoBetterDeal.com , there is this for \$216.99 and \$6.95 shipping with only one left.

"<http://www.nobetterdeal.com/shop/ProductDisplay?storeId=11501&errorViewName=ProductDisplayErrorView&productId=276710&urlRequestType=Base&langId=-1&catalogId=11101>" .

I reset the video on the living room Sony and the bedroom Sony and Orion televisions, so they are sharper and look even better. CIO

Note: <888> 03/25/12 Sunday 6:35 P.M. I have a new pair like these Classic Leather - Reebok 9771 , that I bought last spring that I never wore because of my foot fungus. These slightly more expensive ones are also available Classic Leather - Reebok J90117 Threw today, they are all 30% off with free shipping with coupon code "FRIEND30". CIO

Note: <888> 03/25/12 Sunday 5:50 P.M. I chatted with a friend. CIO

Note: <888> 03/25/12 Sunday 5:25 P.M. Free shipping on \$25 order, so order two \$13.21 Amazon.com: Black & Decker DLX1050W 12-Cup Programmable Coffeemaker with Glass Carafe, White: Kitchen & Dining CIO

Note: <888> 03/25/12 Sunday 5:20 P.M. Moscow, Russia weather - Bing Weather CIO

Note: <888> 03/25/12 Sunday 5:10 P.M. I rested until 2:30 P.M.. I chatted with a relative. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of

Schweppes Ginger Ale. I showered, and I cleaned up, and I put foot cream on my feet. I threw out the garbage. I chatted with a neighbor, and he reminded me of another Dollar Store in the area called "Jimbo" at the Port Chester, New York Shopping mall. I watched a program about <http://www.voeazul.com.br/> . Since I used to know a friend of the His Highness the Aga Khan's 75th Birthday - Mowlana Hazar Imam's 75th Birthday - December 13, 2011 who worked for Trans Brazilian Airlines, but since it is so cold here most of the year, they have long since forgot about us Nordic people living a couple of hundred miles south of the Canadian border. There is a 25 inch Sharp CRT television by the dumpster that someone threw out, but I don't know whether it works or not. CIO

Note: <888> 03/25/12 Sunday 12:50 P.M. \$299.99 with free shipping with coupon code "320C650DST" good until March 26, 2012 Toshiba Satellite C650D-ST6N02 Laptop .

I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/25/12 Sunday 11:55 A.M. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a relative.

Mountain lions discussed at Audubon meeting - GreenwichTime

Aide says Cheney had heart transplant - GreenwichTime

St. Patrick's Day Parade - Town of Greenwich, Connecticut . One problem with going to the St. Patrick's Day parade when one is older, is that with all of the people and only a couple of bathroom downtown, if one has to go to the bathroom, there is no convenient place to go to the bathroom. Hopefully the bathrooms will be opened at the Senior and the Arts center. With the roads blocked in downtown Greenwich, one could always explore downtown Port Chester, New York which has lots of shopping available.

Dollar store in Port Chester, New York Mei Lin 99 Cent Store in Port Chester, New York. (ny.) #29412636 . CIO

End of Scott's Notes week of 03/24/12:



Note: <888> 03/24/12 Saturday 11:10 P.M. I ate two Oscar Meyer Angus beef hotdogs on buns with ketchup and Dijon mustard and Pringles sour cream and onion potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I will now send out my weekly notes. I will then shut down the primary work computer, and I will watch some video. CIO

Note: <888> 03/24/12 Saturday 10:10 P.M. Optimum Video On Demand  
BBC News - Ex-US Vice-President Dick Cheney has heart transplant

I chatted with a friend.

BBC News - 'Humans killed off Australia's giant beasts' CIO

Note: <888> 03/24/12 Saturday 8:40 P.M. I installed the Windows Updates on all 12 computers. I chatted with two relatives.

Cheney Undergoes Heart Transplant Surgery | Fox News CIO

Note: <888> 03/24/12 Saturday 6:40 P.M. I ate a baked herb flavored breaded Purdue boneless breast of chicken with my usual steamed flavor rice mixture with broccoli crowns and baby carrot slices with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet 7-UP and a cup of green tea with splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/24/12 Saturday 4:50 P.M. I threw out the shipping box. I put away the laundry. CIO

Note: <888> 03/24/12 Saturday 3:35 P.M. I chatted with a relative. I chatted with a neighbor. I have 50 minutes to go on two dry cycles. CIO

Note: <888> 03/24/12 Saturday 3:10 P.M. I put clean linens on the bed. I showered, and I cleaned up. The order with tracking of USPS.com® - Track & Confirm on the order for five one pound bags for \$24.69 each of Peter Stokkebye TURKISH PIPE TOBACCO for the five pound price of \$110.09 total with free shipping arrived. I started two loads of laundry, and I have 20 minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 03/24/12 Saturday 1:40 P.M. I watched "Sherlock, The Great Game". I went to bed at 1:30 A.M.. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered

water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. CIO

Note: <888> 03/23/12 Friday 10:30 P.M. 'Human error' contributed to Greenwich data loss - GreenwichTime

I chatted with a friend and a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/23/12 Friday 8:20 P.M. Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

Tracking is UPS Package ID Results on the order for Windows 7, I bought Family Daily Deal, 1 Sale A Day Microsoft Windows 7 Anytime Upgrade From Starter to Home Premium w/ Internet Explorer 9 & Windows Live Mesh! ends at midnight \$34.99 and \$4.99 shipping for \$39.98 total.

The Best Free Software of 2012

Microsoft faces Windows 8 trouble if it fails to ship in October 2012

Microsoft Windows 8 Screen Resolutions Detailed - Enterprise Applications - News & Reviews - eWeek.com

Plandome Manor, New York - Wikipedia, the free encyclopedia

Manhasset, New York - Wikipedia, the free encyclopedia

BBC News - Giant asteroid Vesta 'resembles planet'

BBC News - Mammoths' extinction not due to inbreeding, study finds

BBC News - Europe's ATV space freighter launches

BBC News - Foreign spies 'penetrate' US military networks

BBC News - The slow death of prohibition

BBC News - Fingerprint-checking smartphone patent filed by Sony

BBC News - Facebook purchases IBM patent following Yahoo dispute

BBC News - Google imagines environment-aware mobile adverts CIO

Note: <888> 03/23/12 Friday 7:05 P.M. I ate a baked herb flavored breaded Purdue boneless breast of chicken with my usual steamed flavor rice mixture with broccoli crowns and baby carrot slices with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/23/12 Friday 5:40 P.M. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with a local. I stopped by CVS. I bought a Riddex Pulse™ - Official Site - myriddexpulse.com for \$14.99 less \$3.75 with a 25% CVS discount and .71 tax for \$11.95 total. I finished my walk. It was a slow evening, and not many people were out. A couple of the red tulips are beginning to come out at the flower bed at the veterans monument across the street from the senior and the arts center. I then returned home. I picked up the mail. I took the empty Glade Plug-In deodorizer out the kitchen wall socket, and I put it on the bathroom bookcase shelf on the right side, and I plugged in the Riddex pest controller into the kitchen wall socket to the left of the kitchen sink. I did not turn on its blue night light. The new Mexican restaurant at the top of Greenwich Avenue at the Pickwick Plaza has a sign in their window that they need help. Somebody left an unopened Heineken beer bottle by the bench at the top of Greenwich Avenue. CIO

Note: <888> 03/23/12 Friday 2:45 P.M. I will now go downtown for a walk. CIO

Note: <888> 03/23/12 Friday 1:45 P.M. I chatted with a relative. The tulip tree and daffodils are already out here. The relative told me, they are already planting the corn in Midwest. Everyone looks for rich people on Greenwich Avenue which is a mistake. Rich people tend to own real estate as opposed to apartments downtown, so they are more than likely to be seen at www.homedepot.com and www.lowes.com , since they obviously have to maintain their houses they own. CIO

Note: <888> 03/23/12 Friday 12:45 P.M. Traditionally when gasoline was not too expensive in this area in the old days before recently Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine when I had nothing better to do, I would take a ride up North Street in Greenwich and go west on Upper Cross Road and west on Lake Avenue and Close Road to Round Hill Road, and I would drive down Round Hill Road looking at the Great Estates of Greenwich where I once lived in the old days, when a house off Round Hill Road cost about \$50,000. When I first started working with personal computers about 22

years ago, I would still drive up to New Canaan, Connecticut to explore around. I noticed back then that New Canaan did not have a Personal computer PC-DOS shop, but they had an Apple Computer store. With the recent profitability of [www.apple.com](http://www.apple.com) in the computer business, there might be some newly wealthy computer people in New Canaan, Connecticut whom made money off Apple computer stock instead of PC-DOS computer stock. New Canaan has two CVS stores in downtown New Canaan and quite a few churches. It still is about an hour and a half commute in Manhattan each way on the MetroNorth Commuter train plus the time it takes to get from one's house in the woods to the train station. New Canaan can be very hot in the summer since it is away from Long Island Sound and colder in the winter for the same reason. Still it is a very nice friendly group of people up there at "God's Little Acre". Having lived mostly in Greenwich for most of my adult life, I also have lived in New Canaan, and I found it peaceful and a bit remote. However, New Canaan does not have a public hospital as one gets older and needs more medical attention. New Canaan has [The Karl Chevrolet Company - Stamford Chevrolet - Fairfield County Chevrolet - New Canaan, CT Chevrolet dealer](#) , if you don't feel like buying a foreign car. There are also some "POSH" shops and restaurants in downtown New Canaan along with the [Roger Sherman Inn Fine Dining, Lodging, Banquet, Wedding, Fairfield County CT, Westchester NY, Website Design New Canaan by SKYGATE MEDIA](#) . The parking meters at the New Canaan train station used dollar coins, if you should need to park. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/23/12 Friday 11:50 A.M. I ate an apple tart, and I went to bed at 1:30 A.M.. I woke up at 10:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/23/12 Friday 12:15 A.M. I watched "Sherlock, The Blind Banker". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/22/12 Thursday 9:40 P.M. I am just about to eat a baked herb flavored breaded Purdue boneless breast of chicken with my usual steamed flavor rice mixture with broccoli crowns and baby carrot slices with extra virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet 7-UP and a cup of green tea with splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/22/12 Thursday 8:40 P.M. [Biltmore Newsletter](#)

BBC News - Thousand-year wait for Titan's methane rain

BBC News - Europe's ATV space freighter set for station visit CIO

Note: <888> 03/22/12 Thursday 8:10 P.M. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured CVS. I used the bathroom at CVS. After my walk, I sat out, and I enjoyed the evening ambience of Greenwich Avenue. I then went by the A&P Fresh. I bought a ten pound bag of Uncle Ben's white rice for \$10.99 total. I then returned home. I chatted with a relative. CIO

Note: <888> 03/22/12 Thursday 5:00 P.M. I ate two Oscar Meyer Angus beef hotdogs on buns with ketchup and Dijon mustard and Pringles sour cream and onion potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I will now go downtown for some errands. CIO

Note: <888> 03/22/12 Thursday 4:20 P.M. I made 117 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg . I was told today by a friend that the Spring skiing in Vermont is not very good this year. CIO

Note: <888> 03/22/12 Thursday 1:50 P.M. Hush-hour: Metro-North makes quiet cars permanent - GreenwichTime

Bleak prognosis for Greenwich data recovery - GreenwichTime

PLANAR Planar PL2410W 24-inch Wide LCD Monitor : Computer Components | Dell for \$139.99 with free shipping with coupon code "N3BRK7K?Z2BCWP" good through March 29, 2012.

\$139.99 with free shipping Newegg.com - Acer S230HLAbii Black 23" 5ms HDMI LED Backlight Widescreen LCD Monitor 250 cd/m2 ACM 100,000,000:1 (1000:1)

\$124.99 with free shipping refurbished Hannspree HF255DPB HANNspree HF255DPB 24.6" 2ms Widescreen LCD Monitor 300 cd/m2 - Built-in Speakers - Black from mwave.com

\$149.99 with free shipping refurbished Samsung 23" LED Monitor Super Slim VGA HDMI 1920x1080 S23A550H Fast 2ms Response (729507816098) | eBay

I will now shower and clean up and put foot skin on my feet. I will then make cigarettes. CIO

Note: <888> 03/22/12 Thursday 1:15 P.M. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a friend. CIO

Note: <888> 03/22/12 Thursday 11:45 A.M. After the last note. I checked the K-World Device connected to the Acer 22 inch LCD monitor. I have a DVI-D cable that I can connect to the Acer 22 inch LCD monitor. I ordered two eBay - DVI-D 24+1 female to VGA male adapter New & used electronics, cars, apparel, collectibles, sporting goods & more at low prices for \$2.99 each for \$5.98 total with free shipping. I will use one to connect a DVI-D cable to the K-World turner, so I might have even better high def TV video on the Acer 22 inch LCD monitor with a DVI-D cable. I went to bed at 2:30 A.M.. I woke up at 8 A.M., and I chatted with a friend. I finally woke up at 11 A.M.. CIO

Note: <888> 03/21/12 Wednesday 11:25 P.M. I chatted with a relative. I watched "Sherlock, A Study in Pink". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/21/12 Wednesday 8:35 P.M. Tracking is USPS.com® - Track & Confirm on the order for five one pound bags for \$24.69 each of Peter Stokkebye TURKISH PIPE TOBACCO for the five pound price of \$110.09 total with free shipping.

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BBC News - Jeb Bush endorses Mitt Romney's presidential campaign

BBC News - Mercury has been 'dynamic world'

BBC News - UKube-1 first Scottish satellite is built in Glasgow CIO

Note: <888> 03/21/12 Wednesday 8:00 P.M. I ate the rest of the linguine and tomato meat sauce with grated Parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/21/12 Wednesday 6:45 P.M. I threw out the garbage after the last note. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I picked up a prescription at CVS. I used the bathroom at CVS. I sat out, and I chatted with another person. On the way down Greenwich Avenue, I used the bathroom at CVS. I sat out for a while. I gave someone from Brazil a light on their cigarette. I then went by the Stop and Shop. I bought two 6 packs of Thomas' English muffins for \$1.50 each six pack, a quart jar of B&G Kosher dill pickle spears for \$2.50, a 40 ounce bottle of Heinz ketchup for \$2.50, a 48 ounce container of Quaker old fashioned oatmeal for \$4.79, a two pound bag of baby carrots for \$3.29, bananas for .79 a pound for \$1.46, broccoli crowns for \$1.69 a pound for \$1.66 less 60 cents can return for \$18.60 total. I then returned home. Either the mail was not delivered yet, or I did not get any mail. I chatted with a relative. CIO

Note: <888> 03/21/12 Wednesday 2:05 P.M. I ate two Oscar Meyer Angus beef hotdogs on buns with ketchup and Dijon mustard and Pringles sour cream and onion potato chips and a dill pickle slice and a 12 ounce glass of Schweppes Ginger Ale. I will now go downtown for some errands. CIO

Note: <888> 03/21/12 Wednesday 1:10 P.M. Not much to do with the Windows 8 Consumer Preview. I put two new AA alkaline batteries in the Logitech wireless mouse connected to the Dell Latitude D4100i desktop computer. CIO

Note: <888> 03/21/12 Wednesday 12:40 P.M. I put away the two DeLonghi oil filled radiators from the living room back in the bedroom to the right of the bedroom desk. I put a tower fan in the hallway. I put a desk fan on top of the Samsung color laser printer at the apartment entrance with it going on low speed. I put the pedestal fan in front of the mahogany bureau in the living room going on low speed. I still think it is too early to put in the air conditioners, but I have it a bit cooler in the apartment with the lights off and the fans going. CIO

Note: <888> 03/21/12 Wednesday 12:10 P.M. I cleared out and threw away the old boxes from the bedroom window shelf. I opened the bedroom window about two feet, and I put a Lasko box fan in the bedroom window blowing cooler air into the bedroom. CIO

Note: <888> 03/21/12 Wednesday 11:40 A.M. I threw out the garbage. I chatted with neighbors. I will now work on the bedroom Dell Latitude 4600i Desktop Windows 8 Customer Preview partition in the bedroom. CIO

Note: <888> 03/21/12 Wednesday 10:45 A.M. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/21/12 Wednesday 10:10 A.M. Greenwich suffers massive loss of electronic data - GreenwichTime CIO

Note: <888> 03/21/12 Wednesday 9:55 A.M. I woke up at 8 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/20/12 Tuesday 10:15 P.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/20/12 Tuesday 9:50 P.M. I ate the Dinty Moore beef stew and steamed flavor rice mixture with a 12 ounce glass of diet 7-Up. CIO

Note: <888> 03/20/12 Tuesday 8:40 P.M. I slept until 5:30 P.M.. I then watched the movie from 1995 called "The Net". I chatted with a relative twice.

I made a \$5 contribution to GOP 2012 Reinstatement CIO

Note: <888> 03/20/12 Tuesday 4:00 P.M. I went outside, and I chatted with neighbors. I picked up the mail. I will now take a nap. CIO

Note: <888> 03/20/12 Tuesday 3:10 P.M. BBC News - Queen in Parliament to mark Diamond Jubilee

BBC News - Diamond Jubilee: Queen rededicates herself to UK

Holland

Buy.com - McAfee Total Protection 2012 3 User \$8.99 with free shipping

BBC News - Ancient sites spotted from space, say archaeologists CIO



Note: <888> 03/20/12 Tuesday 2:30 P.M. I am just about to eat half of the remaining linguine and tomato meat sauce with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/20/12 Tuesday 1:25 P.M. I went out after the last note. I went downtown, where it was not very busy. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I bought two 12 ounce clover honeys for \$2 each for \$4 total. I used the bathroom at CVS. After I finished my walk, I sat out for a while. I then drove down by the waterfront at Grass Island. They are building the new temporary fire house across the street from the Boys Club. I chatted with a local at Grass Island. Since the tenants are not allowed to work on their cars where I live, I removed two Philips screws from the front passenger door panel and removed the door panel, I resupported the board that holds up the window, so it is not longer a quarter of an inch down, but up all of the way. I then repositioned the door panel, and I attached the two Philips screws that hold the door panel in position. I sat out for a while at Grass Island enjoying the fog. I then went by the Greenwich Hospital Thrift Shop. They have their usual large variety of items. They have a Nantucket Light Ship basket for \$95, but I looked at it closely, and I think it is a copy and not the real thing. I then returned home. The Organ Bed Bug Inspector did not inspect the second floor today, but might do it some time later in the near future. I made my bed. On warm days before I put in the air conditioners, I open the living room window with the Lasko fan blowing fresh air into the apartment, and I turn off the apartment lights which produce additional heat. CIO

Note: <888> 03/20/12 Tuesday 9:20 A.M. I will now shower and clean up and put foot cream on my feet. I will then go out for a walk. CIO

Note: <888> 03/20/12 Tuesday 8:45 A.M. I woke up at 7 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I left my bed unmade, so the bed bug inspectors can check it out between 9 A.M. and noon this morning. I pulled the mattress pad back too. I looked at the mattress with a magnifying glass, and I do not see bed bugs. CIO

Note: <888> 03/19/12 Monday 11:00 P.M. I ate an apple tart and 10 triscuit crackers with .20 inch by 1.5 inch by 1.5 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese and a 12 ounce glass of Schweppes

Ginger Ale. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/19/12 Monday 9:45 P.M. AOC 23 inch 1080p LED Monitor refurbished \$119.99 plus \$5 shipping today at Woot® : One Day, One Deal™

I order five one pound bags for \$24.69 each of Peter Stokkebye TURKISH PIPE TOBACCO for the five pound price of \$110.09 total with free shipping. CIO

Note: <888> 03/19/12 Monday 8:45 P.M. I went out after the last note. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I chatted with someone with a suitcase that just got back from Cancun in Mexico. I played a #7 Ace's High scratch card for a dollar at the Greenwich Cigar store, but I lost. I toured CVS, and I used the bathroom at CVS. I chatted with a local dog walker. I chatted with the custodian at the Senior and the Arts center, and I told him about the How to build an ultra cheap beowulf cluster | clustercompute.com and How to Build a Linux Bewoulf Cluster that it might be cheaper today. I noticed an artist taking a picture of a Russian military figure into the Senior and the Arts center. I then returned home, and I chatted with a relative. CIO

Note: <888> 03/19/12 Monday 5:00 P.M. I will now go downtown to see the remains of the day. CIO

Note: <888> 03/19/12 Monday 4:50 P.M. BBC News - Update for world temperature data

BBC News - UK is the 'most internet-based major economy' CIO

Note: <888> 03/19/12 Monday 4:05 P.M. I threw out the garbage. I chatted with a neighbor. I picked up the mail. The order for Oral-B Vitality Dual Clean Rechargeable Power Toothbrush FREE SHIPPING | eBay for \$23.95 with free shipping arrived. I set it up on the left side of the bathroom sink. I put the spare brush head on the lower shelf of the medicine cabinet along with the instructions.

I got a picture of Yeti sent to me with this web site www.willyoubelieveit.com/MichaelScott . I have always thought a Yeti like creature might be out in the two acres of woods on the east of my building, but I have never seen it. CIO

Note: <888> 03/19/12 Monday 3:15 P.M. I made up a batch of Michael Louis Scott's Tomato meat sauce to spaghetti of linguine or Michael Louis Scott's Tomato meat sauce to spaghetti of linguine . I ate one third of it and refrigerated two thirds in Rubbermaid containers, and I ate it with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/19/12 Monday 1:45 P.M. I ate a corn muffin. I threw out the garbage. I chatted with neighbors. I chatted with a relative. I made 120 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg .

A Mild Winter Means a Longer Tick Season - NYTimes.com CIO

Note: <888> 03/19/12 Monday 11:05 A.M. I will now shower and clean up and put foot cream on my feet. I will then make cigarettes.

In this picture taken down in Vero Beach, Florida six years ago <http://mikelouisscott.com/mls-2006.jpg> , I am beginning to look like Benjamin Franklin Benjamin Franklin - Wikipedia, the free encyclopedia , so maybe the Scott family in Nantucket were related to the Folger family in [www.nantucket.net](http://www.nantucket.net) . CIO

Note: <888> 03/19/12 Monday 10:30 A.M. Scottish Rite of Freemasonry, S.J., U.S.A.

Scottish Rite - The Fraternity of Choice

Scottish Rite - Wikipedia, the free encyclopedia

I rested until 10 A.M.. My grandfather Clarence Scott was a 33rd degree Scottish Rite Mason out of the lodge in Champaign, Illinois. My father Louis Dale Scott never became a Mason. I never became a Mason, although I grew up around a lot of Masons and lived around them in various locations around the World. CIO

Note: <888> 03/19/12 Monday 7:45 A.M. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed.

There is a local bank at the top of Greenwich Avenue called [Brand Landing Page | Citizens Bank](#) , and if I am not mistaken, they are owned by [RBS - Group Global Portal](#) and [RBS Our history - fast facts](#) and after the last worldwide economic collapse four years ago, the British Government ended up owning 84% of [RBS The Royal Bank of Scotland Group - Wikipedia](#), the free encyclopedia. Thus if you put you money in Citizens Bank on Greenwich Avenue, one is lending it to England to bring them out of debt. Whether they will be able to repay it or not is opened to debate. CIO

Note: <888> 03/19/12 Monday 6:20 A.M. I woke up at 5:30 A.M.. I left the living room window opened with the fan going, so it is a bit cool in the apartment. CIO

Note: <888> 03/18/12 Sunday 8:15 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/18/12 Sunday 7:30 P.M. I ate the Dinty Moore beef stew and steamed flavor rice mixture with a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 03/18/12 Sunday 6:05 P.M. I went outside. I chatted with neighbors. [www.news12.com](#) was here to cover the politicians' visit to the new reading room. They put a Smoker's Post by the building entrance and another one by the North entrance. Aparently they served food, but in crowds I am somewhat deaf, and it sounds like geese when I am around a group of people talking. CI

Note: <888> 03/18/12 Sunday 4:05 P.M. At [Buy Steaks, Lobster and Gourmet Food Gifts Online | Omaha Steaks](#) , if one feels the need to entertain a head of state, they have [Private Reserve Chateaubriand Roast - 1 \(3 lb.\) | Omaha Steaks](#) on sale for \$40 a pound which is a lot better deal than paying \$30 a pound for a New York Strip Steak at Whole Foods. However, it is regularly \$53 a pound , so you better hurry up and order it. They also throw in a free two pound ham, if you need to feed the kids.

[Bern's Steak House](#) in Tampa, Florida serves it from \$32.30 to \$207.50, if you can afford to visit Tampa, Florida. They also have a lot of wine [Bern's Fine Wines & Spirits - Buy Wine Online](#) including a \$1,095.95 bottle of this [Château Mouton Rothschild Pauillac 2005 - Bern's Fine Wines & Spirits](#) to wash it down with. I guess the Rothschild family a'int going bankrupt anytime soon. CIO

Note: <888> 03/18/12 Sunday 3:15 P.M. During the winters of 1977 and 1978, I was six feet tall and a 125 pound weakling, when I was down in Cayo Hueso, Florida, but I managed to survive Live Duval Street Web Cam in Key West, Florida :: Sloppy Joe's Bar :: . My original friend in Key West, Florida was a member of the DuPont DuPont. The miracles of science™ family that had gone to school in Switzerland, and the last I heard he was a dog walker in Manhattan, and somebody else told me he had passed away. Of course my father Louis Dale Scott was the assistant plant manager in Pensacola, Florida from 1954 to 1956 for Chemstrand a division of Monsanto , so my family had other friends in Florida besides the Buzzards and the Gators.

Me Down South in Florida in the Early Days <http://mikelouisscott.com/mls-1957.jpg> and <http://mikelouisscott.com/photo/old-florida-post-card-011506.jpg> and <http://mikelouisscott.com/photo/mike-scott-vero-beach-florida-may-2005-2.JPG> , but now that I am so established up north and Florida is so expensive, I guess I will be living up north of the Mason Dixon line for the rest of my life, particularly since we have been having warmer winters up north recently. CIO

Note: <888> 03/18/12 Sunday 2:50 P.M. I chatted with a relative. I was told there is an old Kress Department store in San Antonio, Texas Kress Buildings Across Texas & America.

Since it is already up the 90 plus degrees Fahrenheit in Florida this year 7-Day Forecast for Latitude 25.76°N and Longitude 80.21°W , the Atlantic Ocean might be hotter this summer, so there might be an increased Tropical Storm Season this coming summer.

Michael Louis Scott Tropical Weather

Michael Louis Scott Tropical Weather . CIO

Note: <888> 03/18/12 Sunday 1:35 P.M. I am told by a friend in Manhattan that the Head of the Rothschilds' World Finances is a Control Freak running it All from a large yacht or ship somewhere unknown out in the Oceans of the World. Sort of makes one think about how well informed the Worldwide Financial Community is Prison Planet.com » Rothschilds & Rockefellers – Trillionaires Of The World . This might be the Aircraft Carrier that they use China's first aircraft carrier: From Russia with love .

I chatted with another friend. CIO

Note: <888> 03/18/12 Sunday 12:50 P.M. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda and Borden's lemon juice. CIO

Note: <888> 03/18/12 Sunday 11:35 A.M. I went out after the last note, and I threw out the garbage. I went downtown, and I stopped by CVS, and I bought four 6.32 ounce Pringles sour cream and onion potato chips for \$1.50 each for \$6 total. I walked the entire length of Greenwich Avenue and the train station area. I stopped by CVS on the way up Greenwich Avenue, and I used the bathroom. Spices were buy one get one free. I bought two 2.1 ounce Paprika for \$1.99 both, two 2.1 ounce Red Cayenne Pepper for \$1.99, four 25 count chicken bouillon for \$1.99 two or \$3.98 for four, four .72 ounce Italian spices for \$1.77 two, two .6 ounce Basil for \$1.77 both, two .5 ounce parsley for \$1.77 both for \$15.04 total. On the way down Greenwich Avenue, I stopped by CVS, and I bought two 12 ounce Frank's Original Hot Sauce for \$2.57 each less \$1.03 with 20% CVS discount coupon for \$4.11 total. After my walk, I sat out for a while. The squirrels are trying to pretend they are not eating the flower bulbs at the veterans monument downtown, but I suspect they are. I used the bathroom at Starbucks. I told their most frequent customer, that I have no control over European Bankers, and he was not interested. I next went to the Stop and Shop, and I bought three day old Apple Tarts for \$2, two 8 ounce Gold's Hot Horse Radish for \$1.25, a 15 ounce Lea and Perrins Worcestershire Sauce for \$4.39, a 10 ounce bottle of Kikkoman soy sauce for \$2.29, and two 4 ounce Stop and Shop celery salt for \$2.99 each for \$17.16 total. I then returned home. I picked up yesterday's mail. I put away my purchases. Always rotate one's food stock rear to front when restocking the shelves. CIO

End of Scott's Notes week of 03/18/12:

Note: <888> 03/18/12 Sunday 6:45 A.M. I will now send out my weekly notes. I will then shower and clean up and put foot cream on my feet. I will then go downtown for an early morning walk. CIO

Note: <888> 03/18/12 Sunday 6:15 A.M. I woke up at 4 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/17/12 Saturday 9:40 P.M. I chatted with a friend.

Webcam - Globocam - 30.000 Webcams aus aller Welt

I will now rest some more. CIO

Note: <888> 03/17/12 Saturday 8:25 P.M. There is snow on the ground in England London webcams - live webcam in Paddington and Hyde Park area

Note: <888> 03/17/12 Saturday 8:15 P.M. I ate the last of the cold eye round of beef about six ounces cut into three 5/16th inch thick slices with Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet 7-UP and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 03/17/12 Saturday 6:35 P.M. I rested until 6 P.M.. I chatted with a relative. CIO

Note: <888> 03/17/12 Saturday 2:10 P.M. I am just about ready to eat a 19 ounce Stouffer's meat and lasagna with grated parmesan and Romano cheese along with a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 03/17/12 Saturday 1:55 P.M. I woke up at 1 P.M.. I made my bed. I installed the Windows updates on the primary work computer. CIO

Note: <888> 03/17/12 Saturday 8:05 A.M. Emergency planning for Greenwich seniors to be discussed - GreenwichTime

I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 03/17/12 Saturday 6:45 A.M. To have a spare copy of Windows 7, I bought Family Daily Deal, 1 Sale A Day Microsoft Windows 7 Anytime Upgrade From Starter to Home Premium w/ Internet Explorer 9 & Windows Live Mesh! ends at midnight \$34.99 and \$4.99 shipping for \$39.98 total. CIO

Note: <888> 03/17/12 Saturday 6:15 A.M. Family Daily Deal, 1 Sale A Day Microsoft Windows 7 Anytime Upgrade From Starter to Home Premium w/ Internet Explorer 9 & Windows Live Mesh! ends at midnight \$34.99

Archbishop of Canterbury to Step Down - NYTimes.com

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[BBC News - Climate 'tech fixes' urged for Arctic methane CIO](#)

Note: <888> 03/17/12 Saturday 4:35 A.M. I put away the laundry. CIO

Note: <888> 03/17/12 Saturday 4:05 A.M. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I am just about finished the dry cycle on the laundry. CIO

Note: <888> 03/17/12 Saturday 3:05 A.M. I woke up at 2 A.M.. I started two loads of laundry, and I am just about ready to start the dry cycles. I put clean linens on the bed. I threw out the garbage and the old periodical literature. I watered the plants. CIO



Note: <888> 03/16/12 Friday 7:35 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

Note: <888> 03/16/12 Friday 7:10 P.M. On Tuesday March 20, 2012, the Greenwich Housing Authority is going to inspect the apartments for bed bugs between 9 A.M. and noon. One is not suppose to make their bed, so they can inspect the mattresses.

I ate the cold eye round of beef about six ounces cut into three 5/16th inch thick slices with horse radish and Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet 7-UP and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 03/16/12 Friday 5:30 P.M. I threw out the garbage. I went downtown, and I stopped by the Chase Bank at 19 West Putnam Avenue. I then went downtown. I used the bathroom at the Senior and the Arts center. I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I bought a number 7 Aces High scratch card for a dollar, but I lost. I stopped by CVS, and I picked up a prescription. I bought two 14 ounce Starburst jelly beans for \$2.50 each for \$5 total. The same OralB rechargeable tooth brush that I bought on Ebay for \$24 with free shipping is \$37 at CVS, and their web site sells it for \$32 with shipping. I chatted with a local resident from Columbia South America about the coffee and the flower business. After I finished my walk, I gave the hotdog vendor a free quart of Mobil 10W-30 oil that I had in the back of my Audi. I had bought it I think two summers ago in Kennebunkport, Maine. I sat out for a while, and I chatted briefly with somebody from England. I then went by the Stop and Shop, and I bought a six pack of day old Kaiser rolls for \$1.49, bananas for .79 a pound for \$1.86, a bulb of garlic for .50, a bag of six sweet onions for \$2.99 and 70 cent can return for \$6.14 total. I also bought a quart of Citgo 10W-30 oil for \$5.85 and .37 tax for \$6.22 total. I used the bathroom at the Stop and Shop. I put the quart of Citgo oil in the rear trunk storage space on the passenger side of the Audi, so I have a spare quart of oil in the trunk. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$14.03 of self service premium gasoline for \$4.459 a gallon for 3.147 gallons for 34.4 miles driving since Saturday March 3, 2012 at odometer reading of 69704 miles for 10.932 miles per gallon in mostly local traffic. I then returned home. I picked up the mail. I chatted with a neighbor. I put away my groceries. I put one of the bags of Starburst jelly beans in my jelly bean bowl that I placed by the left side of the keyboard of the hallway IBM ThinkCentre computer. CIO

Note: <888> 03/16/12 Friday 12:35 P.M. I ate a 18.8 ounce can of Campbell's Harvest Select clam chowder with dried parsley and a Kaiser roll with Smart Balance spread and a 12 ounce glass of Schweppes Ginger Ale. I will now go downtown for some errands. CIO

Note: <888> 03/16/12 Friday 11:45 A.M. I made 133 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg . CIO

Note: <888> 03/16/12 Friday 9:40 A.M. I ordered Oral-B Vitality Dual Clean Rechargeable Power Toothbrush FREE SHIPPING | eBay for \$23.95 with free shipping. My old one quit working. CIO

Note: <888> 03/16/12 Friday 7:45 A.M. \$309.99 with free shipping with coupon code "EMCNGJE62" Newegg.com - Sony 32" Class (31.5" Diag.) 720p 60Hz LCD HDTV KDL-32BX330

\$299.99 with free shipping refurbished Vizio 37" E371VL Flat Panel LCD HD TV Full HD 1080p TV 6.5ms 100,000:1 Contrast (845226005350) | eBay

\$219.99 with free shipping refurbished VIZIO 32" LCD HDTV E320VA HDMI HD TV Flat Screen

I will now shower and clean up and put foot cream on my feet. I will then make cigarettes. CIO

Note: <888> 03/16/12 Friday 6:55 A.M. Young royals take center stage at London Olympics - GreenwichTime

Cameron, wife visit trade center - GreenwichTime CIO

Note: <888> 03/16/12 Friday 6:40 A.M. I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/15/12 Thursday 7:45 P.M. I picked up the mail. I got my \$5 check refund from Mac Gray for the \$5 bill that the card machine ate without giving my card credit. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/15/12 Thursday 7:15 P.M. I ate the cold eye round of beef about six ounces cut into three 5/16th inch thick slices with horse radish and Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet 7-UP and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 03/15/12 Thursday 4:35 P.M. BBC News - The Queen, Catherine and Camilla visit Fortnum & Mason

BBC News - David Cameron visits New York's Ground Zero

BBC News - Duchess of Cambridge makes iron art at gallery

BBC News - 'Yoda' wins world's ugliest dog award

BBC News - White cliffs of Dover suffer large collapse CIO

Note: <888> 03/15/12 Thursday 4:15 P.M. I went to my 3 P.M. appointment. I read an article in Sailing magazine about losing a rudder in the South Pacific while waiting. I then returned home. It seems pretty quiet out.

I guess with the higher prices of fuel Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine not much is happening downtown anymore.

Today is the Ides of March Ides of March - Wikipedia, the free encyclopedia . CIO

Note: <888> 03/15/12 Thursday 1:30 P.M. I will now get ready to go out to my 3 P.M. appointment. CIO

Note: <888> 03/15/12 Thursday 12:40 P.M. I watched some television. I ate the other half of the Dinty Moore beef stew mixture mixed into the steamed flavored rice along with a 12 ounce glass of A&W diet root beer. CIO

Note: <888> 03/15/12 Thursday 11:00 A.M. Greenwich Gossip CIO

Note: <888> 03/15/12 Thursday 10:35 A.M. I chatted with a relative. I ate a few day old muffin. I threw out the garbage. I chatted with neighbors. CIO

Note: <888> 03/15/12 Thursday 8:55 A.M. I did some bottom fishing on the internet, but there are no bargains that I can afford. I have a 3 P.M. appointment this afternoon, so I will stay in this morning to rest up for it. I will now shower and clean up and put foot cream on my feet. It seems the world is so preoccupied with the media, and that people do not pay much attention to what happens locally around them or even in their back yards. I guess since nobody communicates with me very much, they are all looking for so called rich people, and they have no interest in people on the lower income bracket even if they happen to have certain skills and connections. I guess the so called celebrities whom can afford media attention need to meet more people with money, so they can afford to maintain their media presence. From my viewpoint, the media is costing me \$100 to \$200 a month without much return, and I could have a much better lifestyle without all of the expensive media that I pay for. Most people in the media usually need advertisers, and I don't see many profitable companies advertising in the media either, so I guess the larger more profitable companies are doing their own more reserved forms of public relations. CIO

Note: <888> 03/15/12 Thursday 7:05 A.M. Romney wows 'em in Stamford - GreenwichTime

Despite risk to pets, coyotes part of Greenwich landscape - GreenwichTime

British prime minister to make NYC visit | www.newstalkradiowhio.com . He is to speak at New York University today. CIO

Note: <888> 03/15/12 Thursday 6:25 A.M. I chatted with a friend at 10 P.M.. I finally woke up at 4 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed.

I went to TIME Magazine Customer Services , and I renewed my www.time.com magazine subscription for another year for 56 issues good until July 29, 2013 for \$19.95. CIO

Note: <888> 03/14/12 Wednesday 7:40 P.M. I will now shut down the primary work computer, and I will go to bed. I have a 3 P.M. appointment tomorrow.

Connecticut Republican primary, 2012 - Wikipedia, the free encyclopedia CIO

Note: <888> 03/14/12 Wednesday 7:05 P.M. I made up my usual batch of flavored rice [Michael Louis Scott's Microwave Oven Rice Recipe](#), and I ate half with half of a 24 ounce can of Dinty Moore beef stew that I flavored with garlic powder, ground black pepper, Italian seasoning and soy sauce and heated in a plastic microwave container on one vegetable cycle in the [www.ge.com](#) microwave oven, and I refrigerated the other half of the rice and Dinty Moore beef stew. I ate the rice with the beef stew mixed in with it with a 12 ounce glass of Schweppes Ginger Ale.

[Ted's Montana Grill New York City](#)

[BuyTheCase: Warehouse shopping for grocery, personal care, cleaning, office supplies, plus more](#)

[BuyTheCase: Shop for Frank's RedHot CIO](#)

Note: <888> 03/14/12 Wednesday 5:05 P.M. I watched a Netflix CNBC program about Ted Turner [Ted Turner - Wikipedia, the free encyclopedia](#) . I went outside briefly to enjoy the warmer day. I picked up the mail. I am not going to spend \$20 to renew [www.time.com](#) for a year. I never read it anyway. I moved the bric-a-brac off the wicker breakfast tray in front of the open window, and I put the Lasko fan on low speed in front of the window sitting on top of the wicker breakfast tray. The afternoon sun is once again heating up the apartment, but it is too early to put in the air conditioner. CIO

Note: <888> 03/14/12 Wednesday 1:45 P.M. [Ronald Reagan Presidential Foundation and Library: Email - Live Webcast - Lecture with Congressman Howard "Buck" McKeon, Wednesday, Mar 14, 10am PDT](#)

[BBC News - David Cameron and Barack Obama say progress made in Afghanistan](#)

[BBC News - Human fossils hint at new species](#)

[BBC News - New frog species found hiding in NYC](#)

[BBC News - Mashable website 'to be sold for £130m' to CNN](#)

[Social Media News and Web Tips - Mashable - The Social Media Guide CIO](#)

Note: <888> 03/14/12 Wednesday 1:05 P.M. I ate the cold eye round of beef about a half pound cut into three 3/8th inch thick slices with horse

radish and Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with vegetables and Smart Balance spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 03/14/12 Wednesday 11:35 A.M. I threw out the garbage. I moved the Audi to another place. I chatted with a relative. CIO

Note: <888> 03/14/12 Wednesday 9:55 A.M. I did some Bottom Fishing on the internet, but there are no bargains. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/14/12 Wednesday 7:45 A.M. I woke up at 6 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/13/12 Tuesday 6:35 P.M. I ate a 15 ounce can of Chef Boyardee lasagna with a 12 ounce glass of A&W diet root beer. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/13/12 Tuesday 4:55 P.M. I threw out the garbage. I went downtown. I chatted with a relative on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I used the bathroom at the Senior and the Arts center. I stopped by CVS, and I bought four 4 ounce cans of Bumble Bee crab meat for \$2 a can for \$8 total. I toured the new Post Office complex. I sat out for a while after my walk. I chatted about economics with the hot dog vendor. I then ran into another regular walker. I walked back up Greenwich Avenue with the other walker. We sat out at the top of Greenwich Avenue for a while. We then walked east to the Whole Foods grocery store. I used the bathroom there. We sat out for a while. We then stopped by the Wells Fargo Bank on Lafayette Place. We then walked back down part of Greenwich Avenue and then we toured the new post office complex. We walked down the back alley way, and we looked at the menu at Restaurant Jean-Louis | James Beard Award Winner | Greenwich, CT . We then arrived back at the Senior and the Arts Center via the back alley way. We sat for a while enjoying the warm day. We then parted company, and I used the bathroom at the Senior and the Arts center. I then sat out for a while. I then returned home, and I picked up the mail. CIO

Note: <888> 03/13/12 Tuesday 8:50 A.M. I will now go downtown to enjoy the English weather.

Obama, Britain's Cameron to talk Afghanistan, Iran, Europe debt crisis – USATODAY.com . CIO

Note: <888> 03/13/12 Tuesday 7:05 A.M. I am cooking a 2.6 pound top round eye round of roast in the Sharp Convection oven at 350 degrees Fahrenheit for 45 minutes. I seasoned it with garlic powder, ground black pepper, Italian spices and Jack Daniels barbecue sauce. I will eat three 3/8th inch thick slices with my usual steam flavored rice and steamed baby carrot slices and broccoli crowns with Smart Balance spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale with a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/13/12 Tuesday 6:15 A.M. I made 92 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching "Secrets of War, Hitler's Last Days". CIO

Note: <888> 03/13/12 Tuesday 4:35 A.M. I will now make cigarettes. CIO

Note: <888> 03/13/12 Tuesday 4:10 A.M. I picked up the mail. CIO

Note: <888> 03/13/12 Tuesday 3:25 A.M. I was told that Restoration Hardware is going to move into the abandoned Greenwich Post Office on Greenwich Avenue. CIO

Note: <888> 03/13/12 Tuesday 3:10 A.M. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/13/12 Tuesday 2:35 A.M. New post office opens to rave reviews - GreenwichTime CIO

Note: <888> 03/13/12 Tuesday 2:20 A.M. I woke up at 1 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/12/12 Monday 1:45 P.M. I ate the rest of the linguine and tomato meat sauce with grated Parmesan and Romano cheese and a 12

ounce glass of diet 7-UP. I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 03/12/12 Monday 12:45 P.M. I threw out the garbage after the last note. I went by the new CVS on West Putnam Avenue. I bought a 15.1 ounce box of Ritz crackers for \$2.67, three 9 ounce Triscuit crackers for \$2.67, two 9 ounce Wheat Thins for \$2.67 and \$2.66 for \$16 total, and I got back \$5 in CVS bonus bucks. I then bought a 7 ounce Edge Shaving Gel for \$2.50 and a package of two CVS 9 volt alkaline batteries for \$3.99 less \$5 CVS Bonus Bucks and 9 cents tax for \$1.58 total. I then drove to downtown Greenwich Avenue. I walked lower Greenwich Avenue and the train station area. I said hello to someone that I had not seen in a while. I used the bathroom at the Senior and the Arts center. On the way up Greenwich Avenue, I ran into another regular walker. We walked to the top of Greenwich Avenue and sat out briefly. We then walked east to the Whole Foods grocery store, and the other walker bought a lottery ticket and a cup of coffee. We sat out at the tables at Whole Foods looking at the customers. We then walked back to Greenwich Avenue, and on the way down Greenwich Avenue, we stopped by briefly at CVS. They are now trying to sell two ounce bags of tiny jelly beans for \$4.69 which seems rather expensive. After the walk, I departed company with the other walker, and I used the bathroom at the Senior and the Arts Center. I then went by the Stop and Shop, and I bought two 6 packs of Stop and Shop English muffins for .99 each six pack, a dozen extra large Eggland Eggs expire April 16, 2012 for \$3.59, a 59 ounce container of Simply Orange orange juice with calcium for \$3, a 16 ounce Smart Balance Lite Spread for \$3.24, a top round eye round off beef for \$3.99 a pound for \$10.81, a 16 ounce package of Plumrose Deluxe bacon for \$3.99, and fresh bananas for .79 a pound for \$1.11 for \$27.72 total. I then returned home, and I put away my purchases. It is warm out today, so I opened the living room window. They are calling for a high of 60 degrees Fahrenheit. CIO

Note: <888> 03/12/12 Monday 6:45 A.M. After I clean up, I will go downtown for one of my usual morning walks which are good for the exercise, but not very profitable. CIO

Note: <888> 03/12/12 Monday 6:25 A.M. I ate three scrambled eggs, and four strips of fried bacon, a toasted English muffin with Smart Balance Spread, and a 12 ounce glass of diet 7-UP.

I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/12/12 Monday 4:45 A.M. [Robert Schuller Family Cuts Ties to Crystal Cathedral - NYTimes.com](#)



BBC News - Venus and Jupiter to pass in the night sky

BBC News - How to see five planets in one night over the UK CIO

Note: <888> 03/12/12 Monday 4:20 A.M. I ate a couple of day old muffin. CIO

Note: <888> 03/12/12 Monday 3:50 A.M. I went back to bed after the last note. I just got up now in time to milk the cows. CIO

Note: <888> 03/11/12 Sunday 11:35 P.M. In honor the Prime Minister's visit, I put the Scottish Cross of St. Andrew's flag and the British Union Jack flags up in the hallway. I am just about to eat half of the remaining linguine and tomato meat sauce with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 03/11/12 Sunday 11:15 P.M. I chatted with a relative. I rested for a little bit more than an hour. I watched part of a Jack Benny movie. When I was at [www.cbsnews.com](http://www.cbsnews.com) , I used to tell people that Jack Benny was my banker.

With the higher prices of fuel [Greenwich Gas Prices - Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) , I don't make it downtown as much anymore. However, I have more time to rest at home, which I suppose at my age is just as well.

David Cameron the British Prime Minister [Prime Minister David Cameron | Number 10 Downing Street - The official site of the British Prime Minister](#) is going to visit the United States of America this week [Obama State Dinner for British Prime Minister Cameron Wednesday - Lynn Sweet and British Prime Minister White House visit - White House, Washington, United States - Somewhere between 13-03-2012 and 14-03-2012 - Event - Zapaday and Leaders sharing an 'American tradition';Obama, British prime minister will be at NCAA games in Dayton.;CLOSER LOOK - College Basketball News | FOX Sports on MSN](#) . CIO

Note: <888> 03/11/12 Sunday 8:35 P.M. I watched some television. It seems to be mostly children's programming which is normal. CIO

Note: <888> 03/11/12 Sunday 7:20 P.M. I ate 8 triscuit crackers with 1.5 inch by 1.5 inch by 1/16th inch thick slices of Cracker Barrel Vermont extra sharp cheddar cheese. I watched Episode 4 of "Wings". I went to bed at 9:30 A.M.. I woke up at 4:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance

spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a friend. CIO

End of Scott's Notes week of 03/11/12:

Note: <888> 03/11/12 Sunday 8:30 A.M. I chatted with a friend. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/11/12 Sunday 6:20 A.M. Sektion für Mineralogie, Petrologie & Geochemie - LMU München

BBC News - Scots offer to send water to aid drought-hit England

BBC News - Cebit's pole-dancing droids and other new technologies CIO

Note: <888> 03/11/12 Sunday 5:25 A.M. I made up a batch of Michael Louis Scott's Tomato meat sauce to spaghetti of linguine or Michael Louis Scott's Tomato meat sauce to spaghetti of linguine . I ate one third of it and refrigerated two thirds in Rubbermaid containers, and I ate it with grated parmesan and Romano cheese and a 12 ounce glass of diet 7-UP and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 03/11/12 Sunday 3:35 A.M. I set my clocks and watches ahead one hour. I still have to set the Audi clock ahead one hour. CIO

!!!!!! Note: <888> 03/11/12 Sunday 3:10 A.M. \$165 and \$20 UPS shipping Haier America 32" LCD 720p 60 Hz L32F1120 .

However, read the Reviews here Newegg.com - Haier 32" Class (31.5" Diag.) 720p 60Hz LCD HDTV L32F1120 .

Jump ahead and hour. CIO

Note: <888> 03/11/12 Sunday 1:20 A.M. I threw out the garbage. I picked up the mail.

I received a notification from the The Housing Authority of Greenwich that next Sunday March 18, 2012 from 2 P.M. to 4 P.M. that Congressman Jim Himes Welcome to Congressman Jim Himes | Congressman Jim Himes and First Selectman Peter Tesei Peter J. Tesei - Town of Greenwich, Connecticut will visit the new Reading Room at McKinney Terrace II where I live. CIO

Note: <888> 03/10/12 Saturday 11:55 P.M. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/10/12 Saturday 11:40 P.M. \$84.99 with free shipping Refurb HP Compaq Celeron D 2.8GHz Desktop PC for \$85 + free shipping CIO

Note: <888> 03/10/12 Saturday 11:25 P.M. \$10 off with coupon code "logi\_mk550\_3912" expire March 12, 2012 for \$39.99 with free shipping Logitech® Wireless Wave Combo MK550 - Dented Box . CIO

Note: <888> 03/10/12 Saturday 11:20 P.M. Town mourns former Greenwich police chief - GreenwichTime . CIO

Note: <888> 03/10/12 Saturday 10:50 P.M. I woke up at 9 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I will now make up a fresh batch of punch. Daylight savings time begins this morning at 2 A.M., one sets the clocks ahead to 3 A.M. Daylight Time . CIO

Note: <888> 03/10/12 Saturday 9:40 A.M. I ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of diet A&W root beer.

Public meeting Monday on controversial project - GreenwichTime

I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 03/10/12 Saturday 8:40 A.M. I made 103 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Episodes 2 and 3 of "Wings". CIO

Note: <888> 03/10/12 Saturday 7:20 A.M. I clipped my toe nails and finger nails. I threw out the garbage. I will now make cigarettes. CIO

Note: <888> 03/10/12 Saturday 6:15 A.M. \$89.99 with free shipping Newegg.com - Acer S200HLAbd Black 20" 5ms LED Backlight Widescreen LCD Monitor 250 cd/m2 ACM 100,000,000:1 (1000:1)

\$59.99 with free shipping refurbished Keyboard & Mouse, Microsoft Natural Ergonomic Desktop 7000 | Meritline.com

\$57.95 with free shipping Microsoft FHA-00001 Desktop 7000 Wireless keyboard/Wireless Laser Mouse Combo (882224513357) | eBay

I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 03/10/12 Saturday 5:10 A.M. After the last note, I watched Episode 1 of "Wings" about [www.nantucket.net](http://www.nantucket.net) . I went to bed at 12:30 A.M., and I woke up at 3:45 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/09/12 Friday 11:45 P.M. I ate a day old muffin.

Greenpeace | Greenpeace

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/09/12 Friday 11:10 P.M. The 5 Most Dangerous Cities in the U.S., Crime, Safety, Violent, Guns, Travel, Frommer's—AARP It says New Haven, Connecticut home of [www.yale.edu](http://www.yale.edu) is the fourth most dangerous city in the United States.

Microsoft: OnLive Windows Desktop-As-a-Service Violates Terms

Newegg.com - 72-Hour Sale! \$124.99 Windows 7 Pro, \$17.99 LITE-ON 24X DVD Burner...

Bezymianny Volcano

AOGS 2012

Paul McCartney Special CD Offer!

BBC Nature - In pictures: Satellite tagging tiger sharks

BBC News - World seabird numbers still falling, says a new review

BBC News - Japan ends whaling season short of quota CIO

Note: <888> 03/09/12 Friday 10:30 P.M. I ate a 18.8 ounce can of Campbell's Harvest Select low fat clam chowder with dried parsley and with

a Kaiser roll with Smart Balance Spread and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 03/09/12 Friday 9:55 P.M. I put away the laundry. I chatted with a relative. The new Microsoft Wireless 6000 mouse would not work with the Microsoft Wireless 6000 keyboard and mouse 2.4 GHz sending unit, so I put the old Microsoft Wireless 6000 keyboard and the new Microsoft wireless 6000 mouse on the hallway IBM ThinkCentre with both of their 2.4 GHz sending units plugged into the two front USB ports of the IBM ThinkCentre. I tried attaching them with a USB 2.0 hub, but they would not work that way. I am saving the Microsoft Wireless 6000 keyboard and mouse set from the hallway IBM ThinkCentre for backup for my primary work computer. I used three RCA Y splitters to hook up a long RCA audio and video cable from the living room switch box by the Sony TV to the Auxiliary input on the Orion television in the bedroom, so the Orion television now gets that input. I put the five other RCA Y splitters on the shelf beneath the Sony television in the living room with the other TV parts. CIO

Note: <888> 03/09/12 Friday 7:45 P.M. I woke up at 6 P.M.. I started two loads of laundry, and I have 45 minutes to go on the dry cycles. I lost \$5 on my laundry card, and I called up MacGray, and they are sending me the \$5. I have to get a new laundry card from the office. I picked up the mail. The order with tracking of USPS - Track & Confirm on the order for New Microsoft Laser Wireless Mouse 6000 2.4Ghz v2.0 | eBay for \$18.99 with free shipping arrived. The order for eight 1 RCA AV Male to 2 RCA Female Y Splitter Video Audio Cable Adapter | eBay for \$1.89 each for \$15.12 with free shipping arrived. I put clean linens on the bed. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 03/09/12 Friday 11:10 A.M. \$29.99 with free shipping NEW Crescent Pro Percussion 7" & 8" Bongo Drums Set w/ Tunable Heads Sheep Skin (818107010774) | eBay

I will now take a nap. CIO

Note: <888> 03/09/12 Friday 10:45 A.M. I ate a Stouffer's 19 ounce meat lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 03/09/12 Friday 9:30 A.M. I threw out the garbage. I went downtown. I could see a lot of flashing emergency lights coming from I-95 and news helicopters were flying overhead.

## Truck fire halting traffic on I-95 - The BlogJam - Connecticut News

Traffic seems to be moving now, but a lot of traffic is waiting to get off I-95 West Bound at Arch Street exit 3 ConnDOT: CCTV# 4 Greenwich NB Exit 3 - Arch St.

I walked down to the Greenwich Train Station, and I walked over to the south side of the Railroad Plaza, and I observed the traffic accident. There was a large truck car carrier that I guess had a fire. The exit ramp at Exit 3 west bound was closed off, and only one lane of traffic west bound was opened. I chatted with a friend on my wireless phone, and he told me that he was watching it on television. I then walked up Greenwich Avenue, and I used the bathroom at Starbucks. It was not busy downtown with the I-95 traffic from the east blocked downtown. I toured CVS, and I used the bathroom there. Further up Greenwich Avenue, they are getting ready to open a Mexican restaurant at the Pickwick Plaza Annex and a Apple computer repair store. The new post office behind CVS is still not opened yet. I walked down Greenwich Avenue, and I sat out for a while. I then went by the Stop and Shop, and I bought two 16 ounce Stouffer's stuffed peppers for \$2.50 each and two 19 ounce Stouffer's lasagna with meat for \$2.50 each, and four day old muffins for \$2.50, and a 15 ounce bag of Stop and Shop chewy chocolate chip cookies for \$2.39 less a \$2 off Stop and Shop coupon and less \$1 off Stouffer's coupon for \$11.64 total. I got the Stouffer's sale prices, although the sale is over, since they still had the sale signs up. Top round eye round of beef is \$3.99 a pound this week. I then returned home, and I said good morning to some neighbors. I put away my groceries. CIO

Note: <888> 03/09/12 Friday 5:40 A.M. Sunrise at 6:15 A.M. Tides.INFO: Ocean and river tide predictions for Cos Cob Harbor, off Goose Island, Connecticut Current . I will now shower and clean up and put foot cream on my feet. I will then go out for an early morning walk on Greenwich Avenue. CIO

Note: <888> 03/09/12 Friday 5:10 A.M. I made the first of four payments on my www.geico.com automobile insurance policy that runs from April 8, 2012 to October 8, 2012. Yesterday I also put my new GEICO automobile insurance policy card in the glove box of the Audi in the little black vinyl folder that holds my automobile paper work. Paying bills ahead of time is like saving money. CIO

Note: <888> 03/09/12 Friday 4:20 A.M. I woke up at 3 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and

cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed.

Howard Hughes - Wikipedia, the free encyclopedia started the trend of business people working all night and in the early morning hours. He used to have the Mormon Mafia to help him keep track of his affairs. CIO

Note: <888> 03/08/12 Thursday 11:05 P.M. Jayhawker - Wikipedia, the free encyclopedia

I ate the last four chocolate chip cookies. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/08/12 Thursday 9:25 P.M. I chatted with a relative. CIO

Note: <888> 03/08/12 Thursday 8:30 P.M. The Search for Michael Rockefeller

Department of Geosciences - Boise State University

European Mineral Conference

Torvalds to bad security devs: "Kill yourself now"

Ronald Reagan Presidential Foundation and Library: Email - Mark Levin at the Reagan Library, Live Web Cast - Friday, Mar 9, 6:00 p.m. PST

Preorder Apple iPad - New iPad and iPad 2 with Free Shipping - Apple Store (U.S.)

BBC News - Solar storm passes without incident so far

BBC News - A beetlecam's view of wild lions in the Masai Mara CIO

Note: <888> 03/08/12 Thursday 7:55 P.M. I ate three scrambled eggs, and five strips of fried bacon, a toasted bagel with Smart Balance Spread, and a 12 ounce glass of diet A&W root beer. CIO

Note: <888> 03/08/12 Thursday 6:55 P.M. I picked up the mail. The order with tracking of USPS - Track & Confirm on the order for new replacement fan for Delta EFB0612HA 60mm x 10mm fan | eBay for \$6.99 plus free shipping arrived. I put it in the desk drawer beneath the FIC server.

I made my bed. CIO

Note: <888> 03/08/12 Thursday 6:10 P.M. I just woke up from my nap. CIO

Note: <888> 03/08/12 Thursday 1:45 P.M. I ate a 16 ounce Stouffer's stuffed peppers dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet 7-UP. I chatted with a relative. I will now take a nap. CIO

Note: <888> 03/08/12 Thursday 12:35 P.M. I went out after the last note. I threw out the garbage. While I was chatting with a neighbor, a large hawk dive bombed me, just narrowly missing me. It then sat out for a while in the tree in the center of the driveway. I was told by a neighbor that they had removed its nest recently, and the hawk had clawed a local neighborhood youth recently. I then went by the Valley Road Post office to mail my Connecticut Medicaid and Food Stamp redetermination form, but I could not mail it registered mail, since it was in a government envelope, so I just mailed it regular mail. I then went downtown, and I told the Greenwich Police about the hawk, but they told me it is a protected species, but they would alert animal control. I then walked lower Greenwich Avenue and the train station area. On the way up Greenwich Avenue, I chatted with a local. I then ran into another local, and I walked down Greenwich Avenue, and I chatted with the other local. I then used the bathroom at the Senior and the Arts center. I then went by the Stop and Shop. I bought two six packs of Stop and Shop English muffins for \$1.49 each six pack, two 19.5 ounce Stouffer's frozen meat lasagna for \$2.50 each, two 1 pound bags of baby carrots for \$1.66 each, fresh bananas for .79 a pound for \$2.21, broccoli crowns for \$1.69 a pound for \$1.40 and 35 cents can return for \$14.56 total. I then returned home. I chatted with neighbors. The building custodian was just finishing measuring my apartment. I put away my groceries. CIO

Note: <888> 03/08/12 Thursday 8:10 A.M. I will now shut down the primary work computer. I will then shower and clean up and put foot cream on my feet. I will then go out for errands. CIO

Note: <888> 03/08/12 Thursday 6:50 A.M. I woke up at 5 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted bagel with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/07/12 Wednesday 11:20 P.M. The Greenwich Housing Authority now has its own web site [The Housing Authority of Greenwich](#) .



I filled out the paper work for my renewal for Connecticut Medicaid and Food Stamps, and I have it ready to mail with the supporting documentation. I will mail it "Registered Mail" since the renewal letter was not received last year which caused me problems.

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/07/12 Wednesday 9:35 P.M. [Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |](#)

Tracking is [USPS - Track & Confirm](#) on the order for [New Microsoft Laser Wireless Mouse 6000 2.4Ghz v2.0 | eBay](#) for \$18.99 with free shipping.

[March Madness: News from Greenwich Library](#)

[BBC News - Carlos Slim tops Forbes annual rich list](#)

[BBC News - Fears of disruption as big solar storm set to hit Earth](#)

[BBC News - Gorilla genome could hold key to the human condition](#)

[BBC News - Higgs boson hints multiply in US Tevatron facility data](#) CIO

Note: <888> 03/07/12 Wednesday 9:00 P.M. I chatted with a relative.

I ate 12 ounces of Gorton's fish filets and my usual steamed flavored rice mixture with baby carrot slices and broccoli crowns with extra Virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet A&W root beer and a cup of green tea with Spenda sweetener and Borden lemon juice. CIO

Note: <888> 03/07/12 Wednesday 7:40 P.M. I made 109 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching "The Last Royals". CIO

Note: <888> 03/07/12 Wednesday 5:55 P.M. I threw out the garbage. I chatted with neighbors. I picked up the mail. I chatted with a relative.

My [www.cl-p.com](#) electricity bill for February 2012 was \$148.52 for 32 days for 975 kWh and 30.47 kWh per day with an average temperature of 37.4 degrees Fahrenheit.

For February 2011 it was \$177.24 for 27 days for 1080 kWh and 27 kWh per day with an average temperature of 31.5 degrees Fahrenheit.

The Greenwich Housing Authority are going to measure the apartments here tomorrow Thursday and Friday, but the tenants do not have to be at home, when they do it.

I will now make cigarettes. CIO

Note: <888> 03/07/12 Wednesday 4:35 P.M. I chatted with a friend. I will now shower and clean up and put foot cream on my feet. I will then make cigarettes. CIO

Note: <888> 03/07/12 Wednesday 3:45 P.M. I woke up at noon. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted bagel with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

When I started up the primary work computer, the wireless mouse on my Microsoft Wireless 6000 V3 mouse and keyboard would not worked. I tested it on another computer, and it would not work. I bought it for \$32.58 with shipping on April 19, 2011 from here [Meritline.com,microsoft\\_xsa\\_00001](http://Meritline.com,microsoft_xsa_00001) . I do not know if it as a warranty as an OEM refurbished product.

I replaced it with a new Microsoft Wireless 6000 V2 mouse and keyboard set that I bought new at Stables in Old Greenwich on November 28, 2008 for \$31.79. I still have the new Logitech wireless keyboard and mouse set along with all of the other keyboard and mouse sets on my other computers.

I bought this identical replacement mouse [New Microsoft Laser Wireless Mouse 6000 2.4Ghz v2.0 | eBay](http://New_Microsoft_Laser_Wireless_Mouse_6000_2.4Ghz_v2.0_eBay) to replace the defective one for \$18.99 with free shipping.

On the Fox Business News, they showed the launch of the [www.apple.com](http://www.apple.com) Ipad3, but it is not for sale until March 16, 2012. CIO

Note: <888> 03/07/12 Wednesday 2:35 A.M. I watched "The Double". I will now shut down the primary work computer. I will then eat five chocolate chip cookies. I will then go back to bed. CIO

Note: <888> 03/07/12 Wednesday 12:15 A.M. [Michelangelo \(Italian artist\)](http://Britannica Online Encyclopedia) -- [Britannica Online Encyclopedia](http://Britannica Online Encyclopedia)

BBC News - Prince Harry pays tribute to the Queen

BBC News - Alien invaders threaten Antarctic fringes CIO

Note: <888> 03/06/12 Tuesday 11:45 P.M. I ate 12 ounces of Gorton's fish filets and my usual steamed flavored rice mixture with baby carrot slices and broccoli crowns with extra Virgin olive oil and Smart Balance Spread and a 12 ounce glass of diet 7-UP and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 03/06/12 Tuesday 10:20 P.M. I threw out the garbage. I picked up the mail. I chatted with a relative. I watched some television. I did four routine maintenance routines including repair the bathroom ceiling light above the toilet with duct tape. I moved a broken ceiling tile from the bedroom into the closet ceiling and put the good one from the closet in the bedroom ceiling. I also put in a new backup 9 volt alkaline battery in the bedroom NOAA weather radio. CIO

Note: <888> 03/06/12 Tuesday 7:10 P.M. I chatted with a relative. One could contact these people Metropolitan Police Service - Dial 101 to contact the police. and have them deport some British citizens to America, so we could have somebody interesting to chat with in English.

The 50 Best Websites of 2011 - TIME

Free Screensavers and Free Wallpapers at Popular Screensavers!

I will now shower and clean up and put foot cream on my feet. I am not sure whether I will go out or not, since it seems to be a bit cold out, and there is really no place for me to go that is just as warm as my apartment. I guess I might get a bit of Cabin Fever by staying inside so much, but with Greenwich in the midst of its winter doldrums, there is really not too much going on, so I guess it is all right to stay home and make best with the resources that one has available at home. Most younger people whom have money probably head out to the busier activity of Manhattan which at my age is beyond my budget. Still I will feel better after I clean up, so I might change my mind. CIO

Note: <888> 03/06/12 Tuesday 5:45 P.M. Former Greenwich police chief Peter Robbins dies - GreenwichTime

Ex-Police Chief Robbins' burial scheduled for Saturday - GreenwichTime CIO

Note: <888> 03/06/12 Tuesday 5:25 P.M. I woke up at 3 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted bagel with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 03/06/12 Tuesday 4:40 A.M. I ate a 18.8 ounce can of Campbell's New England clam chowder with a Kaiser roll with Smart Balance spread and a 12 ounce glass of diet 7-UP. I watched Episodes 3 and 4 of "A Dance Through the Music of Time".

Well at least when I am on a night schedule and when it is cold, I don't go out at night or the early morning hours, so I don't have to worry about Mountain Lions and other night critters. However, once it gets warmer I might venture out in the earlier evening hours. I don't go out too much in the daytime, because I am frequently on a night schedule. Also it can be very busy around here when one is on a daytime schedule, and I don't have too much to do around here when on a daytime schedule. Down south a lot of people are on a night time schedule, since it is cooler at night. Older people like myself can not go to late night spots like pubs, since it would not be good for business which is meant to attract the younger crowds. Beside I gave up drinking alcohol over 20 years ago, when I took up personal computers, and I never really drank that much anyway. I did use to enjoy sitting in coffee shops and having a cigarette and coffee and quiet conversation, but now that people whom smoke cigarettes are shunned, it is best to stay home and relax. Although I am no longer familiar with Wall Street, I am quite familiar with the world of personal computers for better or worse. A writer is suppose to write from experience, but having lived on minimum income since I graduated from college in 1972 from [www.lfc.edu](http://www.lfc.edu) , I have limited experience to share in my writing. I have been mostly an observer of life while working maintaining simple routines that seem to improve my living conditions.

I remembered today, one of the reasons that I do not like driving on Interstate I-95 was that back in the summer of 1966, I was riding with three other friends in a little MG or Austin Healy roadster, and we were between exit 5 and 6 heading east, when the driver lost control of the car, and it spun around 360 degrees on the highway and continued on in the same direction, and there was a great big semi trailer truck right behind us that could have totally done us in. Two of the three friends are still around and the fourth one moved to California. I still have the picture of the four of us drinking in Jack Dempsey's bar on Broadway when we were only about 16 years old. However, we were not drinking when we almost had the automobile wreck. Of course in my life I have been more scared in some

aircraft flights in the old days than anything that ever happened on the ground. As one gets older, one tends to be more cautious. I consider Greenwich Avenue relatively safe by New York standards, but one still has to be careful when crossing the streets, particularly when the traffic officers are not on patrol.

I will now shut down the primary work computer, and I will go to bed soon. I will eat five chocolate cookies before going to bed. CIO

Note: <888> 03/05/12 Monday 10:45 P.M. I chatted with a friend. CIO

Note: <888> 03/05/12 Monday 10:00 P.M. I ate seven chocolate chip cookies before going to bed this past morning, and I just ate five more chocolate chip cookies. CIO

Note: <888> 03/05/12 Monday 9:45 P.M. \$279.99 with free shipping KDL-32BX320 | REFURBISHED - 32" Class (31.5" diag.) BRAVIA BX320 | Sony | Sony Style USA

How to Avoid Forgeries When Buying Fine Art - NYTimes.com

Tracking is USPS - Track & Confirm on the order for new replacement fan for Delta EFB0612HA 60mm x 10mm fan | eBay for \$6.99 plus free shipping.

Netflix alternatives: These 7 services are the closest you'll get | Geek.com

BBC News - Sawfish snout senses, swipes and stabs

BBC News - UN team examines mining threat to Great Barrier Reef CIO

Note: <888> 03/05/12 Monday 9:15 P.M. I chatted with a relative. CIO

Note: <888> 03/05/12 Monday 8:20 P.M. I threw out the garbage. I put the folding cart back in the trunk of the Audi. I picked up the mail. I said hello to a neighbor. CIO

Note: <888> 03/05/12 Monday 7:15 P.M. I guess with the price of gasoline, it will be a while before I see the new bathroom at the Southwest Picnic area parking area at Tod's Point, where a sniper shot at me over 10 years ago. I ate a Marie Callender 16 ounce chicken pot pie with a 12 ounce glass of diet 7-UP. I will now shower and clean up and put some of my new mixture of foot cream on my feet. Low of 21 degrees Fahrenheit tonight 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W.

Live Duval Street Web Cam in Key West, Florida :: Sloppy Joe's Bar ::

Key West Hotels- Florida Keys Luxury Resort- Casa Marina A Waldorf Astoria Resort

John Pennenkamp Coral Reef State Park

Florida Keys Luxury Resort – Cheeca Lodge & Spa – Islamorada Florida Hotel Resort

Luxury Caribbean Resorts & Beach Vacations | Caneel Bay | Luxury Virgin Island Resort & Getaway

Virgin Islands National Park (U.S. National Park Service)

Welcome to Mt Irvine

CIO

Note: <888> 03/05/12 Monday 6:25 P.M. Amazon.com: Trademark Home WaterFall Soap Saver: Home & Kitchen CIO

Note: <888> 03/05/12 Monday 6:05 P.M. I don't know if they still have it, but Westport, Connecticut use to have a neighborhood bus service that went north and south of the main Post Road artery. I washed the breakfast dishes, and I made my bed. CIO

Note: <888> 03/05/12 Monday 5:50 P.M. In Europe where gasoline prices are over twice as high as in the United States of America Gas prices worldwide: Norwegian gas is double U.S. price - Mar. 10, 2011 , people drive a lot less. However, since they drive less, they drink more alcohol, wine and beer, since they don't have to worry about being arrested for drinking and driving. Thus as gasoline prices rise in the United States of America, more people will be probably staying home and enjoying cocktails instead of cruising the open roads. Thus I guess investing in alcohol, wine or beer might be a good investment as gasoline prices rise in the Unites States of America. In New York City where a lot of people do not use automobiles, there is a pub or bar every half block or so, so more than likely alcohol consumption will be going up in the Unites States of America as people drive less. CIO

Note: <888> 03/05/12 Monday 5:10 P.M. I woke up at 10 A.M., when a computer magazine called me up. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted bagel with Smart Balance spread, a

50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I went back to bed until about 2:30 P.M., when a relative called me up. I finally got up at 4 P.M.. CIO

Note: <888> 03/05/12 Monday 2:20 A.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/05/12 Monday 1:55 A.M. I reheated and ate the same Dinty Moore and flavored rice mixture with a 12 ounce glass of Canada Dry diet Ginger Ale and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 03/05/12 Monday 1:10 A.M. BBC News - Russia election: Vladimir Putin celebrates victory

BBC News - Spider silk spun into violin strings CIO

Note: <888> 03/05/12 Monday 12:55 A.M. I threw out the garbage. I went downtown to the far reaches of Greenwich Avenue to CVS. I bought for \$5 off a 8 ounce LAC-Hydran Five Moisturizing lotion for \$11.99 and .76 tax for \$12.75 total. I will mix it with remaining bottle of similar lotion for about 9 ounces and my last tube of CVS Athlete's Foot cream for 1.25 ounces and the small one ounce bottle of Tea Tree oil and 1.5 ounces of Mometasone Furoate Cream USP 0.1% and 4 ounce ounces of Gold Bond Foot cream and seven ounces of CVS Adult Rash Ointment and 13 ounces of CVS Petroleum Jelly and 12 ounces of extra Virgin olive oil to thin the mixture to have my own formula of foot lotion. I have a 24 ounce B&G pickle jar of it in the refrigerator and a 13 ounce of it in a CVS petroleum jelly container in the bathroom to have available for use. I labeled the jar in the refrigerator with "Foot Cream 03/12", but the black magic marker will not work on the CVS petroleum jelly container in the bathroom. I then bought six 12 packs of 12 ounce cans of Schweppes.com Ginger Ale for \$2.99 each 12 pack and 5 cent a can deposit for \$3.60 can deposit for \$21.54 total. I use the CVS grocery cart to bring them out to the car. I put them in the trunk of the Audi. I then sat out for a brief spell downtown. I then returned home. I used my small folding cart from the trunk of the Audi to bring up the Schweppes Ginger Ale. I stored them on the pedestal legs of the oak dining table. CIO

Note: <888> 03/04/12 Sunday 9:20 P.M. I chatted with a relative.

Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine

I will now go downtown for a brief change of pace. CIO

Note: <888> 03/04/12 Sunday 8:15 P.M. I made 148 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Episode 2 of "A Dance Through the Music of Time". CIO

Note: <888> 03/04/12 Sunday 5:20 P.M. I will now make cigarettes. CIO

Note: <888> 03/04/12 Sunday 4:55 P.M. I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 03/04/12 Sunday 4:45 P.M. I ate the last of the linguine and tomato meat sauce with grated parmesan and Romano cheese and a 12 ounce glass of diet 7-UP. CIO

Note: <888> 03/04/12 Sunday 4:05 P.M. I rested some more until 3 P.M.. I watched some television. CIO

Note: <888> 03/04/12 Sunday 12:25 P.M. To have a spare CPU cooler fan for the Thermaltake Volcano 10 CPU cooler for the FIC server, I bought New replacement fan for Delta EFB0612HA 60mm x 10mm fan | eBay for \$6.99 plus free shipping. CIO

Note: <888> 03/04/12 Sunday 11:40 A.M. I woke up at 10 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted bagel with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

End of Scott's Notes week of 03/04/12:

Note: <888> 03/04/12 Sunday 1:55 A.M. I made up my usual batch of flavored rice Michael Louis Scott's Microwave Oven Rice Recipe, and I ate half with half of a 24 ounce can of Dinty Moore beef stew that I flavored with garlic powder, ground black pepper, Italian seasoning and soy sauce and heated in a plastic microwave container on one vegetable cycle in the www.ge.com microwave oven, and I refrigerated the other half of the rice and Dinty Moore beef stew. I will eat the rice with the beef stew on top of it with a 12 ounce glass of diet A&W root beer.

One has to face the fact, when I am awake at night and the early morning hours, I am in tune with the majority of the world that is awake during those hours unlike the minority of people that live in the Western Hemisphere. However, since I do not have the language skills to live



anywhere in the Eastern Hemisphere besides the United Kingdom, I guess I will continue to be spending my time blogging in the Western Hemisphere to the few people that seem to know English. So many people here speak English as a second or third language, they are not as fluent as I am in Western Hemisphere English based on my 61 years of using it with a Dutch accent. People do not talk too much in the New York City area anyway, since there are so many people and languages, if everyone talked all of the time, it would be like the old city of Babylon.

I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed soon after that. CIO

Note: <888> 03/04/12 Sunday 12:35 A.M. I burned another DVD copy of the Windows 8 Consumer Preview X86 to have available, since I gave a copy to my neighbor that has a PHD in computer programming from University of Oxford , so he has a European computer viewpoint.

Prison Planet.com » Is Obama Targeting Key Patriots on Enemies List?  
Wayne Madsen Reports CIO

Note: <888> 03/03/12 Saturday 11:30 P.M. I ate two .75 inch by .20 inch by 1.75 inch slices of Cabot Cabot Cheese - Award Winning Vermont cheddar. Vermont extra sharp cheddar cheese.

SatelliteDirect: Mobile

Alexander Graham Bell birthday

Deadly Tornadoes Pound the South and the Midwest - NYTimes.com

BBC News - Meteor witnessed across Britain

BBC News - Seti Live website to crowdsource alien life CIO

Note: <888> 03/03/12 Saturday 10:55 P.M. I chatted with a relative and two friends. CIO

Note: <888> 03/03/12 Saturday 8:30 P.M. I went out after the last note to the vast wilderness of Greenwich Avenue. I chatted with a regular walker. I used the bathroom at Starbucks. I then went to the Stop and Shop, and I bought a six pack of Kaiser rolls with poppy seeds for \$2.99, a six pack of Arnold New York Everything bagels for \$4.69, two 10 ounce bars of Cracker Barrel Vermont Extra Sharp cheddar cheese for \$2.50 each, a 16 ounce package of slices of Kraft white American cheese for \$3, a 16 ounce package

of Smart Balance lite spread for \$3.59, a 12 ounce bottle of generic honey for \$2.25, a 28 ounce bottle of KC Masterpiece barbecue sauce for \$2.99, a 16 ounce package of Stop and Shop chewy chocolate chip cookies for \$2.39, a 32 ounce Ocean Spray crangrape juice drink for \$2.50, a 32 ounce Ocean Spray cranraspberry juice for \$2.50, a 48 ounce Quaker Old Fashioned oatmeal for \$4.79, a 8 ounce Stop and Shop parmesan and Romano grated cheese for \$2.99, a 10 ounce bottle of Kikkoman soy sauce for \$2.29, a 16 ounce package of Stop and Shop maple bacon for \$3.34, fresh bananas for .79 a pound for \$2.29, a bulb of garlic for 50 cents and a 24 ounce bag of Gorton's frozen fish filets for \$4 and 50 cents can return for \$51.60 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power Nitrogen enriched premium gasoline for less a dime off a gallon with my Stop and Shop card for \$4.359 a gallon for 2.065 gallons for 27.1 miles driving since February 23, 2012 at odometer reading of 69669 miles for 13.124 miles per gallon in mostly local traffic. I then returned home. I used my folding wire cart to bring up my groceries. I chatted with a neighbor. I showed the neighbor my new LCD TV setup. I gave the neighbor a copy of the Windows 8 Consumer Preview X86 DVD, so the neighbor could try it out. The neighbor is using the same Optimum Internet service as I am, but he claims it is slow instead of 50 Mbps, and I suggested he get a new Dynex Router here [Dynex 4 Port Ethernet Router XP Vista 7 10/100 DX-E402 | eBay](#) which supports 50 Mbps second download speeds. For \$10 it is a quick fix. CIO

Note: <888> 03/03/12 Saturday 4:50 P.M. I reheated and ate the same linguine and tomato meat sauce dinner as last night with grated parmesan and Romano cheese and a 12 ounce glass of diet 7 UP. I will now go downtown for some errands. CIO

Note: <888> 03/03/12 Saturday 4:10 P.M. I chatted with a neighbor. I put away the laundry. CIO

Note: <888> 03/03/12 Saturday 3:45 P.M. [BBC News - Clear-up after tornadoes wreak havoc across US Midwest](#)

[Amazon.com: Midland Consumer Radio WR-120B NOAA Weather Alert All Hazard Public Alert Certified Radio with SAME, Trilingual Display and Alarm Clock - Gift Box: Electronics](#)

[NOAA weather radio, hand-crank radio and TV, CB radios, FRS radios - HurricaneStore.com](#)

[Search Results for Midland Public Alert AM/FM Clock Radio | JR.com](#) CIO

Note: <888> 03/03/12 Saturday 3:15 P.M. I chatted with neighbors. I put away one load of laundry, and I have 30 minutes to go on the second dry cycle of laundry. I opened the living room window to air out the apartment a little bit. It is suppose to be up to 60 degrees Fahrenheit today. CIO

Note: <888> 03/03/12 Saturday 2:25 P.M. I have 15 minutes to go on the second wash cycle and 20 minutes to go on the first dry cycle. I picked up the mail. I got my [www.geico.com](http://www.geico.com) paper work for the policy that starts April 8, 2012. I threw out the garbage and the old periodical literature. For some reason while I was outside, the alarm went off on my Audi, so I reset the alarm. I can not figure out why it happened. I watered the plants. CIO

Note: <888> 03/03/12 Saturday 1:35 P.M. I put clean linens on the bed. I was only able to start one load of laundry, since the laundry room is a little bit busy. CIO

Note: <888> 03/03/12 Saturday 12:10 P.M. I woke up at 10 A.M., when I had a telephone call from [Aerus Electrolux - Cos Cob, CT, 06807 - Citysearch](#) . There is now a bicycle shop where they use to be just off Greenwich Avenue. I no longer own an Electrolux, and I now have a fairly new complicated Hoover and an old Sears upright vacuum cleaner. The Duke of Windsor dedicated a statue at the old Electrolux factory in Old Greenwich in the 1920s, and he use to barrow the Swedish owner of Electrolux's yacht when he was the governor of the Bahamas. It was called "The Southern Cross". Wilbur Banks who use to be the Electrolux salesman in Greenwich, Connecticut was in the Duke of Windsor's Honor Guard in Newport, Rhode Island during World War II. [Welcome to Electrolux USA](#) . CIO

Note: <888> 03/03/12 Saturday 2:20 A.M. I ate some triscuit crackers. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/03/12 Saturday 1:50 A.M. I watched Episode 1 of "A Dance to the Music of Time". CIO

Note: <888> 03/02/12 Friday 11:10 P.M. I chatted with a relative and a friend.

I made up a batch of [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) or [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) . I ate one third of it and refrigerated two thirds in Rubbermaid containers, and I ate it with grated parmesan and Romano cheese and a 12 ounce glass of diet 7-UP and a cup of green tea with Equal sweetener and Borden lemon juice. CIO

Note: <888> 03/02/12 Friday 9:10 P.M. Forbes Information for the World's Business Leaders - Forbes.com no longer sends out all of the daily email they use to send out, so I guess one now is expected to look at their web site.

CompUSA.com | CUEM1056 | Markdown Madness Continues

George Bush Presidential Library Foundation

Getting started with the Windows 8 Consumer Preview | ZDNet

GVM | Global Volcano Model

Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

Microsoft: 1 million Windows 8 Consumer Preview downloads in day one | ZDNet

Hands on with Windows Server 8 beta

Federal Employees Retirement Guide Federal Employees Retirement

Newegg.com - Electronics Sale! \$179.99 Pioneer 5.1 A/V Receiver, \$9.99 Patriot 16GB SDHC Card...

German Holiday Links:

bellmundo.de: Ihr Online Reisemarkt für Ferienwohnungen, Ferienhäuser, Hotels, Pensionen, Campingplätze, Schullandheime und vieles mehr.

www.holiday-agency.de

www.reiseblog.holiday-agency.de (nur Artikeltausch)

www.reisenews-exklusiv.de (nur Artikeltausch)

www.reisenavi.de (nur Artikeltausch)

www.lastminute-reiseberichte.de (nur Artikeltausch)

www.urlaubs-navi.de (nur Artikeltausch)

www.kreuzfahrt-exklusiv.de (nur Artikeltausch)

[www.reise-navi.de](http://www.reise-navi.de)

[www.fewonavi.de](http://www.fewonavi.de)

[www.staedte-und-kurzreisen.de](http://www.staedte-und-kurzreisen.de)

[www.urlaubs-navi.com](http://www.urlaubs-navi.com)

End of German Holiday Links:

[Screenwriter & Playwrights Resources | OnlineEnglishDegree.com](#)

[Online Associates Degree Chemical Engineering](#)

[BBC News - Hackers had 'full functional control' of Nasa computers](#)

[BBC News - Scandinavian trees 'survived last Ice Age'](#)

[BBC News - Oxygen envelops Saturn's icy moon](#)

[BBC News - New potato-spotting AI built with off-the-shelf tech](#) CIO

Note: <888> 03/02/12 Friday 8:10 P.M. I picked up the mail. I got my State of Connecticut Medicaid redetermination form that I have to fill out and return by March 20, 2012. CIO

Note: <888> 03/02/12 Friday 7:10 P.M. To hook up the K-World tuner to a Digital Cable TV box, one needs this cable collection [Belkin HDTV Cable Bundle Kit - Model F5Z0081b \(Bulk Pack\)](#) which has some of the needed cables. You would need a second package if hooking up additional devices.

These are available, if one is going to have a second device like a Sony Streaming Media Player [1 RCA AV Male to 2 RCA Female Y Splitter Video Audio Cable Adapter | eBay](#) for \$1.89 each. One has to remember to turn off the power to Cable Box when using the Sony Streaming Media Player with the K-World tuner.

I have excellent sound with the K-World tuner, because I am using a Cambridge Soundworks 2.1 speaker system that I bought at their old outlet in Kittery, Maine for \$50 about five years ago. The newer versions are more expensive [Cambridge Soundworks: Computer Speakers \(PC, Apple, iPhone and iPad\), Multimedia Speakers](#) CIO

Note: <888> 03/02/12 Friday 6:45 P.M. This is available [Newegg.com - KWorld External ATSC/QAM TVBox HDMI Edition SA295-Q DE DVI Interface](#) ,

but it does not say whether it will work with a Digital Cable signal from a High Definition Cable box or not.

These are available which support a Digital Cable TV box analog signal [KW-SA230WP | eBay](#) and [KWorld External TVBox 1920ex \(SA230WP\)](#) , but at a \$100, it would be cheaper to buy an HDTV. As I recall, I bought mine on sale at [www.newegg.com](#) during September 2007 for \$75.83. I had it hooked up to the primary computer setup most of that time, so it has lasted a long time, but I never used the TV function very much, although it was hooked up to the primary computer setup, until I hooked it up to the Acer 22 inch LCD monitor recently.

I will now shower and clean up and put dry skin cream on my feet. CIO

Note: <888> 03/02/12 Friday 6:05 P.M. I woke up at 4 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

If one needs and external K-World TV box to hook up and LCD monitor for HDTV, their web site is here [KWorld](#) . This is the one that I am using [KWorld External TVBox 1680ex \(SA220\)](#) , but they are hard to find. I am not sure if the newer models have the same hookup features. CIO

Note: <888> 03/02/12 Friday 10:55 A.M. I ate 14 ounce Marie Callender sweet and sour chicken dinner with a 12 ounce glass of diet 7-Up.

[\\$229.98 Walmart.com: RCA 32" Class LCD 1080p 60Hz HDTV, 32LA45RQ Refurbished: TV & Video](#)

I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 03/02/12 Friday 9:45 A.M. I woke up at 8 A.M.. I went to the [www.chase.com](#) bank at 19 West Putnam Avenue. I then went to the [www.wellsfargo.com](#) bank at Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I then returned home. CIO

Note: <888> 03/02/12 Friday 4:05 A.M. [Reed Hastings has gone mad: Netflix could one day be a part of your cable package | ZDNet](#)

[Southern Illinois Town Is All Too Versed in Taking a Hit - NYTimes.com](#)

Ronald Reagan Presidential Foundation and Library: Email - Schedule of Upcoming Events at the Reagan Presidential Foundation

Microsoft takes a leap of faith with Windows 8 | Cringely - InfoWorld

Microsoft Windows 8 Beta Unwrapped at MWC - Enterprise Applications - News & Reviews - eWeek.com

Introducing Windows 8 Consumer Preview

BBC News - Demolition for quake-hit Christchurch cathedral

BBC News - 'Twisted' waves could boost capacity of wi-fi and TV

BBC News - US researchers build 'waste water generator'

BBC News - Could Africa save China's tigers?

I will now take a nap until 8 A.M., when I will go out briefly to pay my rent. CIO

Note: <888> 03/02/12 Friday 2:30 A.M. I ate a 19 ounce Marie Callender cheese and meat lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet 7-UP.

I was able to install the Linksys High Performance Dual-Band Wireless N USB Adapter with Dual Internal Antennas on the Windows 8 partition of the second Dell Latitude D410 laptop computer by using the XP drivers from the CD that came with it. It works just fine in Windows 8. I will now install it on the XP partition and then on the XP partition on the Panasonic Toughbook CF-29. CIO

Note: <888> 03/02/12 Friday 1:20 A.M. I chatted with a relative. I reconfigured my installed wireless routers. I have the Linksys High Performance Dual-Band Wireless N USB Adapter with Dual Internal Antennas Linksys AE2500 Wireless-N USB Adapter - Cisco Home Products Store configured on the Windows XP partition on the primary Dell Latitude D410 laptop. I am getting the maximum speed with it off my system of 50 Mbps download and 8 Mbps Upload. That is fast as my system is set to go with Dynex Router and the Netgear Switch. CIO

Note: <888> 03/01/12 Thursday 7:05 P.M. I picked up the mail. I chatted with neighbors. The rent statement from the Greenwich Housing Authority arrived.

The order with tracking of [Package ID Results](#) on the order for a Linksys High Performance Dual-Band Wireless N USB Adapter with Dual Internal Antennas [Linksys AE2500 Wireless-N USB Adapter - Cisco Home Products Store](#) for \$7.99 and \$4.99 shipping for \$12.98 total arrived. I will now install it on the primary Dell Latitude D410 laptop computer. CIO

Note: <888> 03/01/12 Thursday 6:05 P.M. 15% off with coupon code "MARAFF15" expires April 1, 2012 at [www.curtainworks.com](http://www.curtainworks.com) . They have 96 inch and longer curtains and room darkening curtains [Room Darkening Curtainworks.com - Curtains, Drapes, Valances, Hardware For Your Window](#)

These curtain rods like I used in the bedroom are still available [In-Tension Rods - Clearance | Domestications](#) . They are good for hanging curtains with slips over windows between adjacent projecting walls like I had in the bedroom.

Generally on curtains, one has to order twice the width of the window in the curtains, so one has pleats. In other words on a 48 inch wide window, one would order two 48 inch wide panels.

Maybe they should put curtains in [www.starbucks.com](http://www.starbucks.com) windows, so the people on the sidewalks have privacy.

I will now shower and clean up and put dry skin cream on my feet. CIO

!!!!!! Note: <888> 03/01/12 Thursday 4:40 P.M. When configuring the Windows 8 Consumer Preview [Download Windows 8 Consumer Preview](#) , I also install these free programs.

The Adobe Flash Player and the Adobe reader from [www.adobe.com](http://www.adobe.com) .

[Microsoft Security Essentials - Free Antivirus for Windows](#)

[Windows Live Essentials - Download free Microsoft programs](#)

[Free Skype internet calls and cheap calls to phones online - Skype](#)

[CCleaner - Optimization and Cleaning - Free Download](#)

[OpenOffice.org - The Free and Open Productivity Suite](#)

[Microsoft Reader - Downloads](#)



TextPad - the text editor for Windows CIO

Note: <888> 03/01/12 Thursday 4:30 P.M. I woke up at 2:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed.

On the primary work computer, I did a Complete PC backup of both partitions to the third internal hard drive. CIO

Note: <888> 03/01/12 Thursday 3:30 A.M. I paid my [www.cablevision.com](http://www.cablevision.com) Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my [www.cl-p.com](http://www.cl-p.com) electricity bill, and my [www.verizon.com](http://www.verizon.com) local telephone bill. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 03/01/12 Thursday 3:00 A.M. I ate a 18.8 ounce can of Campbell's Harvest Select low fat clam chowder with dried parsley and with a Kaiser roll with Smart Balance Spread and a 12 ounce glass of diet A&W root beer. CIO

Note: <888> 03/01/12 Thursday 1:35 A.M. I printed out the three copies of my Microsoft Money 2007 Income versus spending report for February 2012, and I mailed one copy to an interested relative. I mail it in the mail room downstairs. CIO

Note: <888> 03/01/12 Thursday 1:20 A.M. I ate eight white chocolate chip cookies with macadamia nuts. CIO

Note: <888> 03/01/12 Thursday 12:50 A.M. I finished watching "Ronald Reagan, An American Journey". CIO

Note: <888> 04/30/12 Monday 6:50 P.M. I went outside. I chatted with neighbors. I picked up the mail. I chatted with another neighbor about the price of tea in China. I got my new lease from the Greenwich Housing Authority. I signed both pages. I will either mail it or drop it off there tomorrow. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/30/12 Monday 3:20 P.M. I woke up at 2:30 P.M.. While I was putting my shirt on, I knocked the hurricane lamp with glass hurricane globe off the wall to the right side of the hallway closet. I broke its glass globe. I cleaned and vacuumed up the glass. However, I had a smaller spare glass hurricane lamp globe which I put on its place. The hurricane lamp had been given to me by a neighbor's daughter after her parents had passed away. I ate a few day old muffin. I also turned on the living room air conditioner. CIO

Note: <888> 04/30/12 Monday 12:35 P.M. I chatted with a relative. I made two routine telephone calls. I ate three small chunks of Vermont extra sharp cheddar cheese. I will now take a nap. CIO

Note: <888> 04/30/12 Monday 11:35 A.M. I chatted with a friend and a relative. I ate 1/3rd of the remaining linguine and Alfredo sauce mixture with a 12 ounce glass of Schweppes Ginger Ale. I ate 40 jelly beans. CIO

Note: <888> 04/30/12 Monday 10:00 A.M. With this new law [Conn. House passes medical marijuana bill - UPI.com](#) , border towns like Greenwich, Connecticut will probably see a large influx of marijuana buyers from New York State. I guess the nearby 24 hours CVS on West Putnam Avenue will be a hot spot for the local trade at night.

I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I saw a green antique truck from New Hampshire with [Kennebunk Savings: Banking | Insurance | Investment Services](#) painted on the side. I toured CVS on the way up Greenwich Avenue. I sat out at various locations. I chatted with a couple of locals. I sat downtown for a while. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.01 of self service V-Power premium gasoline for \$4.599 a gallon for 1.742 gallons at odometer reading of 69853 miles for 19.4 miles driving since Monday April 23, 2012 for 11.137 miles per gallon in mostly local traffic. I cleaned the outside windows and headlights. I returned home, and I chatted with some neighbors. CIO

Note: <888> 04/30/12 Monday 6:20 A.M. I will now shower and clean up and put foot cream on my feet. I will then go downtown to take an early morning walk. Although I really do not have anything to do downtown, going downtown for an early morning walk for the cost of \$2.50 in gasoline is a good way to get rid of "Cabin Fever" and see what is going on in the larger world of Greenwich Avenue. There are a few early morning dog walkers, and on week days, we also get commuters heading towards the train station. I have not been to Manhattan in about four years, when I went to the Microsoft conference, so Manhattan is a distant memory to me. Besides from what I know on "Word on the Street" , one is not allow to smoke cigarettes in Manhattan, so they probably would not be very friendly towards me. I did notice on my last trip on the north side of Welcome to Deutsche Bank – Passion to Perform across from the Waldorf Astoria on Park Avenue, they have an outside park with tables and chairs, where a lot of people do smoke cigarettes. CIO

Note: <888> 04/30/12 Monday 5:40 A.M. I woke up at 4 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/29/12 Sunday 5:25 P.M. I will now shut down the primary work computer, and I will go back to bed. CIO

Note: <888> 04/29/12 Sunday 5:10 P.M. Ronald Reagan Presidential Foundation and Library: Email - Half Off Presidential Gifts for Your Graduate!

Hirohito (emperor of Japan) -- Britannica Online Encyclopedia

One year anniversary Prince William and Catherine Middleton: The Royal Wedding of 2011 (United Kingdom) : Introduction -- Britannica Online Encyclopedia

SIMS workshop 2012 CIO

Note: <888> 04/29/12 Sunday 4:55 P.M. I watched episode 6 of "The Adventures of Sherlock Holmes". I ate 20 jelly beans. CIO

Note: <888> 04/29/12 Sunday 3:25 P.M. I woke up at 2:30 P.M.. I ate 1/4 of the remaining linguine and Alfredo mixture which I reheated along with a 12 ounce glass of Schweppes Ginger Ale. I also ate 30 jelly beans. CIO

Note: <888> 04/29/12 Sunday 10:50 A.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/29/12 Sunday 10:20 A.M. I threw out the garbage. I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I used the bathroom at Starbucks. I toured CVS. After my walk, I sat out some more enjoying the morning sun. I returned home. I ate 40 jelly beans, a bowl of pineapple chunks, and six golden Oreo cookies. CIO

Note: <888> 04/29/12 Sunday 7:00 A.M. I will now go downtown for an exercise walk. CIO

Note: <888> 04/29/12 Sunday 6:25 A.M. I made Michael Louis Scott's alfredo sauce and linguine and Michael Louis Scott's alfredo sauce and linguine . I ate one fifth with a 12 ounce glass of Sprite lemon lime soda. I refrigerated the other 4/5ths in a large flat Rubbermaid container. CIO

Note: <888> 04/29/12 Sunday 4:40 A.M. \$39.95 with free shipping Bon Appetit Pressure Cooker 7 Quart Programmable Pressure Cooker | eBay

\$39.95 with free shipping Technique Pressure Cooker 7 Quart Multi Function Pressure Cooker | eBay CIO

Note: <888> 04/29/12 Sunday 4:00 A.M. If one is "Tres Riche" in this area, one could always try La Cremaillere Restaurant , LeChateau > Welcome to LeChateau > Welcome to LeChateau! , Restaurant Jean-Louis | James Beard Award Winner | Greenwich, CT , but those places would probably cost one quite a bit of United States Wampum. CIO

Note: <888> 04/29/12 Sunday 3:30 A.M. BBC News - London 2012: Missiles may be placed at residential flats

BBC News - Sunday Times Rich List suggests UK's wealthiest defy recession

Duke of Westminster - Richest British born member of Rich List (4th.) 2011

Gerald Grosvenor, 6th Duke of Westminster - Wikipedia, the free encyclopedia He also owns Canaveral National Sea Shore in Florida.

Also I was told that when cooking with a "Slow Cooker" or "Croc Pot", if one has a large dog, one has to make sure the large dog does not eat the food while it is cooking. CIO

Note: <888> 04/29/12 Sunday 2:25 A.M. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/29/12 Sunday 2:05 A.M. I ate six golden Oreo cookies before going to bed. I woke up at midnight. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

End of Scott's Notes week of 04/28/12:

Note: <888> 04/28/12 Saturday 2:35 P.M. I threw out the garbage. I picked up the mail. I will now send out my weekly notes. I will then head off to bed. CIO

Note: <888> 04/28/12 Saturday 1:55 P.M. I installed the Optimum App for Laptop on the two Dell Latitude D410 laptop computers, and it works just fine. It will not install on the Windows 8 Consumer Preview on the second Dell Latitude D410 laptop computer. It also will not install on the Panasonic Toughbook CF-29 laptop computer. CIO

Note: <888> 04/28/12 Saturday 12:05 P.M. I chatted with a relative.

Tracking is UPS: Tracking Information on the order for Hamilton Beach - Set 'n Forget 6-Quart Programmable Slow Cooker - Stainless-Steel/Black - 33966 for \$39 and \$2.48 tax and free shipping for \$41.48 total.

10 common household items you can reuse – Savings Challenge Quiz - AARP CIO

Note: <888> 04/28/12 Saturday 11:15 A.M. I ate the Dinty Moore beef stew and steamed flavor rice mixture with a 12 ounce glass of Sprite lemon lime soda and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 04/28/12 Saturday 10:00 A.M. I went downtown, and I stopped by the A&P Fresh. I bought a 59 ounce container of Minute Maid premium orange juice for \$2.50. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I used the bathroom. I bought four 14 ounce bags of Starburst Crazy two flavor jelly beans for .75 each and .19 tax for \$3.19 total. I then finished my walk. I sat out for a while longer enjoying the very slow weekend ambience of downtown Greenwich

Avenue. The Stop and Shop has bottom round roasts on sale this week for 50% off. I then returned back to my apartment. CIO

Note: <888> 04/28/12 Saturday 6:30 A.M. It is 36.3 degrees Fahrenheit outside. I will now go downtown and conquer Greenwich Avenue for a change of pace. I will dress up warmly. CIO

Note: <888> 04/28/12 Saturday 6:30 A.M. I made 91 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 3 of "P.D. James Original Sin". CIO

Note: <888> 04/28/12 Saturday 5:00 A.M. I will now make cigarettes. CIO

Note: <888> 04/28/12 Saturday 4:30 A.M. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/28/12 Saturday 3:40 A.M. I put away the laundry. CIO

Note: <888> 04/28/12 Saturday 2:40 A.M. I chatted with a friend after the last note. I went to bed, and I woke up at 9 P.M., and I chatted with a relative. I finally woke up at 1 A.M.. I put clean linens on my bed. I started two loads of laundry, and I have 40 minutes to go on the dry cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 04/27/12 Friday 3:05 P.M. I ate a 15 ounce can of Chef Boyardee ravioli and a 12 ounce glass of Spite lemon lime soda. I will now shut down the primary work computer, and I will go to bed soon. CIO

Some Town Hall offices closed day after hazmat incident - GreenwichTime

Note: <888> 04/27/12 Friday 2:05 P.M. 'Private Empire,' Steve Coll's Book on Exxon Mobil - NYTimes.com

!!!!!! Optimum App for Laptop

News from Greenwich Library: eBooks

The Apolline Project, Summer 2012 Prospective participants

[Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |](#)

[Kaspersky: Mac security is '10 years behind Microsoft' | Security & Privacy - CNET News](#)

[Join New York's most discerning drinkers at the House of Walker Experience. Invite your friends to an exclusive Johnnie Walker tasting, led by a Master of Whisky, featuring a complimentary sampling of our legendary blends](#)

[George Bush Presidential Library Foundation](#)

[BBC News - Key tests for Skylon spaceplane project](#)

[BBC News - Farming 'spread by migrant wave'](#)

[BBC News - Enterprise shuttle in NY fly past](#)

[BBC News - Magnetic fields light up 'GPS neurons', scientists say](#) CIO

Note: <888> 04/27/12 Friday 12:25 P.M. I ate a bowl of pineapple chunks and four small .25 inch by 1 inch by .75 inch chunks of Cracker Barrel Vermont extra sharp cheddar cheese and a glass of cold filtered water. I chatted with a relative. CIO

Note: <888> 04/27/12 Friday 10:45 A.M. I threw out the garbage. I went downtown. I chatted with a friend on my wireless telephone. The tulips are still out downtown. I walked the entire length of Greenwich Avenue and the train station area. I stopped by and toured CVS. I sat out at various locations. They were trimming the trees in front of the senior and the arts center. I went by the Stop and Shop, and I bought a four pack of day old muffins for \$2 and bananas for .79 a pound for .86 for \$2.86 total. They have a few different types of McCormick slow cooker spice bags for about \$2.29 each. They don't have the slow cooker liner bags. The Stop and Shop meat counter was mostly empty, since they were repricing the meat with the new prices. I went by the A&P Fresh. They have lots of meat there. I bought a four pack of Reynolds slow cooker liners for \$4.29, and a 1.5 ounce McCormick Beef Stew seasoning mix bag for \$2.09 and a 1.5 ounce McCormick Beef Stroganoff Sauce Mix for \$2.09 plus .27 tax for \$8.74 total. I then returned home, and I chatted with my neighbors who are usually awake in the daytime. I put away my purchases. CIO

Note: <888> 04/27/12 Friday 5:45 A.M. I rested some more until just now. I will eat a day old muffin. I will then clean up. I will then go out for a walk. CIO

Note: <888> 04/27/12 Friday 3:00 A.M. I ate the Dinty Moore beef stew and steamed flavor rice mixture with a 12 ounce glass of Schweppes Ginger Ale.

Dinty Moore stew can be expensive, when it is not on sale. With the Hamilton Beach slow cooker, I will start making my own beef stew at home and other meals.

There are lots of slow cooker recipes on the internet [Slow Cooker Main Dish Recipes - Allrecipes.com](#)

[Slow Cooker Beef Stew I Recipe - Allrecipes.com](#)

[slow cooker beef stew - Bing](#)

[Slow Cookers Beef Stroganoff](#)

I will now shower and clean up and put foot cream on my feet. I figure I might have a little bit more energy, if I eat more protein.

CIO

Note: <888> 04/27/12 Friday 1:50 A.M. I ordered [Hamilton Beach - Set 'n Forget 6-Quart Programmable Slow Cooker - Stainless-Steel/Black - 33966](#) for \$39 and \$2.48 tax and free shipping for \$41.48 total. CIO

Note: <888> 04/27/12 Friday 1:15 A.M. Local Greenwich blogs [EarthImage | Earth's pulse and pace from EarthImage.Net](#)

[For What It's Worth | Greenwich, Connecticut real estate, politics, etc. .](#)

The reason a lot of people don't network with me is that I still smoke cigarettes. Back around 1964, when my family lived off Round Hill Road, I was hiking through the woods with three friends. Around the old mill off Cherry Valley Road on the north side of the Merritt Parkway and west of Lake Avenue is where I had the first of cigarette of my life along with my friends. Those three friends are from established Greenwich families, so I don't mention their names, and I probably would not recognize them anyway. CIO



Note: <888> 04/27/12 Friday 12:35 A.M. I chatted with a relative. I rested some more until a little while ago. CIO

Note: <888> 04/26/12 Thursday 7:55 P.M. I woke up, and I ate a day old muffin. I woke up again, when I had a computer survey telephone call at noon. I woke up at 4 P.M., when I had a political survey call. I picked up the mail. I went back to bed until 6 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/26/12 Thursday 9:35 A.M. I will now shut down the primary work computer. I will eat six golden Oreo cookies. I will then go to bed.

Gasoline is up again [Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) .

[New York Gas Prices – Find New York, New York Gas Stations and Cheap Gas in NY at Automobile Magazine](#)

[Malibu Gas Prices – Find Malibu, California Gas Stations and Cheap Gas in CA at Automobile Magazine](#)

On [www.amtrak.com](http://www.amtrak.com) , it is \$304 and 70 hours and 19 minutes from Stamford, Connecticut to Union Station in Los Angeles, but one can not smoke cigarettes on the train.

I am afraid to fly by air, because I have not flown too much in the last few decades. I don't plan to go anywhere anyway, besides occasionally to downtown Greenwich Avenue. CIO

On I-80 West it is 2,856 miles from Greenwich, Connecticut to Malibu, California. Since on the highway, my 1998 Audi A6 gets about 24 miles per gallon, it would take 119 gallons to drive there, besides any other wear and tear on the Audi along with tolls and oil. Thus at about \$4.80 a gallon for self service premium gasoline, it would cost \$571.20 to drive across country to be ignored in California's version of a coffee shop. Thus it is safer to stay home and be an arm chair traveler. CIO

Note: <888> 04/26/12 Thursday 8:30 A.M. [Presidential dogs - GreenwichTime](#)

## Search Results – Campbell’s Kitchen Slow Cook Pot Roasts

### Campbell's Kitchen: Slow Cooker Pot Roast

Yesterday before going to bed, I ate 6 golden oreo cookies.

I just now ate a bowl of pineapple chunks. CIO

Note: <888> 04/26/12 Thursday 6:55 A.M. I ate 40 red jelly beans.

Maybe [www.trump.com](http://www.trump.com) knows about this company [Alexander Wagner Company, Inc.: concrete pumping service, concrete pump rental, used concrete pumps - Home](#) . CIO

Note: <888> 04/26/12 Thursday 6:20 A.M. [Chernobyl accident \(nuclear accident, Union of Soviet Socialist Republics \[1986\]\) -- Britannica Online Encyclopedia](#)

### Biltmore Email Newsletter

Drug Drop off in Greenwich, Connecticut:

April 24, 2012

Dear Friends,

This Sat - April 28th is the 4th National Prescription Drug Take Back Day

The improper disposal of pharmaceuticals and over the counter drugs can hurt our environment and health.

Some drugs cannot be safely flushed or poured down drains because wastewater facilities are not designed to remove them. In some cases these drugs can find their way into our lakes, rivers and streams and into drinking water. Our environment depends on the proper disposal of prescription drugs. Even expired medicines can serve as potent pollutants to our lands, waterways and especially Long Island Sound.

Leaving unused or unwanted medications in the house can lead to unhealthy or illicit use. Children, babies and pets who have accidental exposure to medications can face long-term health problems and even death. Adult and young adult family members can also be harmed by taking drugs that are expired or possibly not for their intended use.

We are fortunate in Greenwich to have a drop off site to bring unused and expired prescription drugs available to us not only for this particular day, but every day, around the clock:

Greenwich Police Department - 11 Bruce Place (Drop box located in the lobby)

We encourage you to take advantage of this reminder, do some "Spring Cleaning" and dispose of these hazardous materials properly.

Best regards,

Livvy Floren, State Representative 149th District  
Lile Gibbons, State Representative, 150th District  
Fred Camillo, State Representative, 151st District

End of Note:

[Google Drive: It's slick, integrated...and not exactly free | Internet & Media - CNET News](#)

[SwissEduc - Stromboli online - Etna 2011-2012](#)

[BBC News - The bonds and burdens of US presidents](#) CIO

Note: <888> 04/26/12 Thursday 5:20 A.M. Both home and remote server networks were down for a while, but they are now running just fine. I installed the updates on the FIC server, and I restarted it. CIO

Note: <888> 04/26/12 Thursday 3:30 A.M. I ate a 10 ounce medium rare sautéed top round CAB London Broil of beef with Lea and Perrins Worcestershire sauce and Jack Daniels Old Number 7 barbecue sauce and my usual steamed flavored rice mixture with baby carrots cut into quarters lengthwise and broccoli crowns with extra Virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale with a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 04/26/12 Thursday 2:00 A.M. The Del Monte pineapple that I bought at the A&P Fresh on Monday night for \$2.99 is from Costa Rica. I used a serrated knife, and I cut off the top and bottom and sides, and then I cut it into lengthwise half inch thick slices, and then I cut it into half inch to three quarter inch cubes. I put the fresh pineapple cubes in a mixing bowl, and I added two tablespoons of Angostura Bitters and a third of a cup of

Borden's lemon juice, and I mixed it all together, and then I put the pineapple mixture in a large Rubbermaid sealed container in the refrigerator. Back in the early 1970s, when I chatted with Helen Kress Williams who had stone pineapples on the gates of her waterfront estate in Oyster Bay, Long Island, she told me the pineapple was the Christian symbol of hospitality coming from the missionaries from Boston whom went to Hawaii. I threw the pineapple peels in a plastic bag down the garbage chute adjacent to my apartment. Back in Illinois in the old days, my father used to like drinking pineapple milk shakes from A&W root beer stands. CIO

Note: <888> 04/26/12 Thursday 1:20 A.M. I made 94 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode episode 2 of "P.D. James Original Sin". CIO

Note: <888> 04/25/12 Wednesday 11:40 P.M. I showered, and I cleaned up, and I put foot cream on my feet. I threw out the garbage. I sat outside for a while. I could hear a lot of trucks on Interstate 95, so the trucks are still moving around. I picked up the mail. I will now make cigarettes. CIO

Note: <888> 04/25/12 Wednesday 10:40 P.M. I woke up at 8:30 P.M.. I chatted with a relative. I put a new energy saving light bulb in the hallway book light. I chatted with another relative twice. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/25/12 Wednesday 1:10 P.M. I ate a day old muffin. I chatted with a friend. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/25/12 Wednesday 11:40 A.M. Shut down Connecticut's dirty Bridgeport coal plant

Windows 8 Release Preview Coming in Early June | News & Opinion | PCMag.com

IBM Impact 2012 - Forbes Business Leadership Forum - United States

IAVCEI-International Association of Volcanology and Chemistry of the Earth's Interior

99 cents with free shipping from China Wrist Comfort Mice Pad Mat Mousepad for Optical Mouse | eBay

BBC News - Can California's 'desert miracle' be saved?

BBC News - German satellite on 'berg watch'

BBC News - Apple's Tim Cook rejects idea of laptop-tablet hybrids

BBC News - Skydiver record attempt: 'Fear keeps you awake' CIO

Note: <888> 04/25/12 Wednesday 10:40 A.M. I woke up just now, and I chatted with a relative. CIO

Note: <888> 04/25/12 Wednesday 8:45 A.M. I will now rest for a while. CIO

Note: <888> 04/25/12 Wednesday 8:40 A.M. I could not get the Windows 8 Consumer Preview to work properly on the Abit computer, so I deleted it, and I just have the original version of Windows on it now. CIO

Note: <888> 04/25/12 Wednesday 7:45 A.M. On the Abit computer Windows 8 Consumer Preview, I did not install the Nvidia 6200 graphic adapter update, and it seems to work just fine. However, after configuring it a bit, I noticed [www.openoffice.org](http://www.openoffice.org) would not install on Windows 8 consumer preview, although it did install on two other computers with Windows 8 consumer preview that I tried it on. Then the system malfunctioned again, and now it is trying to repair itself again.

I am just about ready to eat a 19 ounce Stouffer's Lasagna Italiano with grated parmesan and Romano cheese and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) . Earlier I ate 30 red jelly beans. CIO

Note: <888> 04/25/12 Wednesday 4:40 A.M. On the Abit computer <http://mikelouisscott.com/computer.htm> , I was in the process of configuring it, and since Windows 8 Consumer Preview does not come with a Media Player, I tried installing the Apple Ipod Media Player for Windows, and the system crashed. It then did a repair back to where I was, when I started tonight. I am now installing the updates again. Possibly it is the Nvidia 6200 update, because I seemed to be having Video problems and startup problems, before the problem above, so possibly it was not the Apple Ipod Media player. I mistakenly installed the Nvidia 6200 drive update again, so I will see if that is causing the problem or not. CIO

Note: <888> 04/25/12 Wednesday 2:55 A.M. I will now work on configuring the Windows 8 Consumer Preview partition on the Abit computer. CIO

Note: <888> 04/25/12 Wednesday 2:20 A.M. I showered, and I cleaned up, and I put foot cream on my feet. I threw out the garbage. I sat outside briefly. I picked up the mail. CIO

Note: <888> 04/25/12 Wednesday 1:15 A.M. I woke up at 8:30 P.M., and I chatted with a relative. I went back to bed until 11:45 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed.

This is the list of free programs that I know of for configuring a computer.

For people with little or no money interested in computers in these economic troubled times, you might have an old computer without software or an operating system. One might find an old computer here:

There are free Linux operating systems at [www.ubuntu.com](http://www.ubuntu.com)

[Chrome OS Linux - SUSE Gallery](#)

[openSUSE.org](http://openSUSE.org) .

This Alpha developers release of Windows 8 is free  
<http://msdn.microsoft.com/en-us/windows/home> and [Windows Metro Style Apps Developer Downloads](#)

The Russians have a free Alpha release in English of their own version of Windows [Download - ReactOS Website](#) .

For Windows computers, there are free Office suites at [www.openoffice.org](http://www.openoffice.org) and [IBM Lotus Symphony](#)

One can download free software for Windows from Microsoft at [Windows Live Essentials 2011 - Download free Microsoft programs and security software from Virus, Spyware & Malware Protection | Microsoft Security Essentials](#) .

Communications software for free [Free Skype calls and cheap calls to phones - Skype](#)

Free Text Editor [TextPad - the text editor for Windows](#)

Free operating system cleaner [CCleaner - Optimization and Cleaning - Free Download](#)

Free magazine reader [Zinio Digital Magazines](#)

Free communications program [Net2Phone -- Communication without borders](#)

[www.adobe.com](#) for Adobe Reader and Adobe Flash Player

[www.apple.com](#) has a few free programs

Sorry I can not do anything about a "Free Lunch". CIO

Note: <888> 04/24/12 Tuesday 2:10 P.M. I finished installing Windows 8 Consumer Preview on the Abit computer, and I did some minor configuring. I still have to finish configuring it. I ate 40 red jelly beans. I also ate a couple of small pieces of Vermont cheese and a day old muffin. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/24/12 Tuesday 10:55 A.M. [Ann Romney says she can relate to juggling act of motherhood - GreenwichTime](#) . I should go out an vote in the Connecticut Republican Primary today at the New Lebanon School, but I am way too tired, and I don't think it would be safe for me to drive over there in daytime traffic. CIO

Note: <888> 04/24/12 Tuesday 10:35 A.M. I am installing the Windows updates on the Abit computer. I mailed a letter with two forever stamps on it to a relative in the mail room downstairs. I chatted with a relative. CIO

Note: <888> 04/24/12 Tuesday 9:05 A.M. I had OpenSUSE on the Abit computer along with its boot manager, so the procedure below did not show the second Windows boot manager besides Windows 8. I did a 1% low level format of the first hard drive with the Seagate Utilities, and I am now restoring the original Windows backup. I will then install the Windows 8 Consumer Preview on the first partition on the second hard drive after I backup the first hard drive again to the second partition on the second hard drive. The backup from the second hard drive did not work, so I am restoring it from the Western Digital external hard drive, so I have to first make a good backup of Windows to the second partition on the second hard drive, before installing the Windows 8 Consumer Preview. Well, I have not been doing much computer work recently with all of the time I have spent watching all of the Netflix movies about historical violence in England for the last couple of thousand years. CIO

Note: <888> 04/24/12 Tuesday 6:15 A.M. I moved the 200 pound maximum weigh faux black leather chair to in front of the second Dell

Latitude D410 laptop to the left of the primary work computer. I moved the bent oak chair from there to in front of the Abit computer adjacent to the Ethan Allen recliner. I will now try to install the dual boot Windows 8 configuration below on the Abit computer. CIO

Note: <888> 04/24/12 Tuesday 5:55 A.M.

!!!!!! [How to use a VHD to dual-boot Windows 8 on a Windows 7 PC | ZDNet](#)

[2012 El Hierro Workshop | Makavol](#)

[Why Windows 8 Is a Huge Gamble for Microsoft | Dan Costa | PCMag.com](#)

[BBC News - Camera traps capture new Scottish wildcat sites in the Cairngorms](#)

[BBC Nature - Meerkat society: Underdogs are best at problem-solving](#)

[BBC News - Facebook buys AOL patents from Microsoft in \\$550m deal](#) CIO

Note: <888> 04/24/12 Tuesday 4:45 A.M. I ate a 12 ounce T.G.I Friday's beef stroganoff dinner with a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 04/24/12 Tuesday 3:45 A.M. This one is also available for about the same price with shipping [Rival 3060W 6-Quart Round CrockPot Slow Cooker - Glass Lid, Dishwasher Safe Stoneware and Lid, White at TigerDirect.com](#) \$20 and \$10 shipping.

[\\$99 with free shipping Shop Frigidaire 5000-BTU Window Room Air Conditioner at Lowes.com](#) CIO

Note: <888> 04/24/12 Tuesday 2:10 A.M. I cancelled the order for [Newegg.com - CROCK-POT SCRP500-SP Stainless Steel 5 Qt. 5 Qt. Programmable Slow Cooker](#) for \$29.59 total with free shipping . There are sometimes even better deals on slow cookers, which I will look for in the future. Also I probably would not use it that much. CIO

Note: <888> 04/24/12 Tuesday 1:25 A.M. This is a top rated model. I ordered [Newegg.com - CROCK-POT SCRP500-SP Stainless Steel 5 Qt. 5 Qt. Programmable Slow Cooker](#) for \$29.59 total with free shipping. I just bought the last one. One can order it here for \$5 more [EW Crock Pot 5 QT Slow Cooker SCRP500-SP eBay - New & used electronics, cars, apparel, collectibles, sporting goods & more at low prices](#) . CIO



Note: <888> 04/24/12 Tuesday 12:45 A.M. The Sharp Convection oven has a "Slow Cook" button for 300 degrees Fahrenheit for 4 hours, or one could set it at Convection for either 150 or 250 degrees for a longer cooking time. CIO

Note: <888> 04/24/12 Tuesday 12:40 A.M. I have a Corning Dutch Oven CORNING WARE ~WHITE~ 5 LITER DUTCH OVEN | eBay that would make a good slow cooker, but it might use a lot of electricity in the Sharp Convection oven. CIO

Note: <888> 04/24/12 Tuesday 12:10 A.M. To cook cheaper cuts of meat like pot roast, this is about the best deal I could find a good slow cooker \$44.95 with free shipping Buy.com - Hamilton Beach Set 'n Forget 6 Qt. Slow Cooker (33966) or Hamilton Beach 6 Qt Programmable Slow Cooker 33966 (040094339662) | eBay . It would probably make up a good beef stew, but I am not sure I would want to eat beef stew for a week. However, one could pick it up locally here Hamilton Beach Set 'N Forget it 6 Qt. Programmable Slow Cooker 33966 at The Home Depot for about the same price plus tax. CIO

Note: <888> 04/23/12 Monday 11:10 P.M. I chatted with a relative. I threw out the garbage. I went by the A&P Fresh. I bought a fresh Del Monte pineapple for \$2.99, fresh Dole bananas for .79 a pound for \$2.46, a 12 inch 24 ounce Freschetta frozen 4 cheese pizza for \$3.99 and 75 cents can returns for \$8.69 total. I then sat out briefly downtown. The tulips are still in full bloom. Not much was happening downtown. I did not walk, since there was a misty rain. I then went by the Stop and Shop. I bought a four pack of day old muffins for \$2.25, a quart of Borden's lemon juice for \$2.69, buy one get one 16 ounce package of Nathan's all beef franks for \$5.99 both, a two pound bag of baby carrots for \$3.29, fresh broccoli crowns for \$1.69 a pound for \$1.55 for \$15.77 total. I then put my groceries in the Audi. I then went back inside, and I bought a 8 pack of Stop and Shop hotdog buns for \$1.25 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service V-Power gasoline for \$4.599 a gallon for 1.748 gallons at odometer reading of 69833 miles for 19.3 miles driving since Thursday April 12, 2012 for 11.042 miles per gallon mostly in local night traffic. I chatted with the regular night attendant. I then returned home. I picked up my mail, and I put away my groceries. CIO

Note: <888> 04/23/12 Monday 8:05 P.M. I chatted with a relative. I will now shower and clean up and put foot cream on my feet. I will then go downtown to enjoy the great expanses of downtown Greenwich Avenue and do evening errands. CIO

Note: <888> 04/23/12 Monday 7:40 P.M. I woke up at 6 P.M.. I chatted with two friends. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/23/12 Monday 8:10 A.M. I ate 8 Golden Oreo cookies. I will now shut down the primary work computer, and I will go to bed soon. [Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) . There is no point in wasting money to go downtown to be ignored by the "Starbucks World". Search "Starbuck" on this web page [NANTUCKET, NANTUCKET CO., MA - EARLY SETTLERS OF NANTUCKET](#) . Of course the Folger family also lived way out on [www.nantucket.net](#) . CIO

Note: <888> 04/23/12 Monday 7:20 A.M. I watched Episode 1 of "P.D. James, Original Sin". Watching the Netflix media about England, there seems to be a lot of violence over in England. CIO

Note: <888> 04/23/12 Monday 5:45 A.M. I ate 14 Wheat Thin crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese.

[Heavy rain expected in early morning - GreenwichTime](#)

Note: <888> 04/23/12 Monday 4:45 A.M. On the Panasonic CF-29 Toughbook that I have, I have Windows XP Professional and Chrome OS running on it. However, this tip [Installing Windows 7 Ultimate on a Panasonic CF-29 Toughbook « Adept Technologies Inc.](#) says that one can get Windows 7 working on it. One could try the same tip for the Windows 8 beta, but I would rather not mess up the computer as I currently have it configured. Also, I don't think there is a "Run" command in Windows 8 beta. CIO

Note: <888> 04/23/12 Monday 3:40 A.M. Well, in the over 23 years that I have been working with personal computers, the world has raised a whole new generation of "Technocrats". CIO

Note: <888> 04/23/12 Monday 3:15 A.M. [UNIGE - Groupe de volcanologie - Welcome to the website of the Volcanology and Geological Risk research group!](#)

[BBC News - White killer whale adult spotted for first time in wild](#)

BBC News - The vegetarian chef who turned carnivoreBBC News - Intel's Ivy Bridge chips launch using '3D transistors' CIO

Note: <888> 04/23/12 Monday 2:50 A.M. I ate a 10 ounce medium rare sautéed top round CAB London Broil of beef with Lea and Perrins Worcestershire sauce and Jack Daniels Old Number 7 barbecue sauce and my usual steamed flavored rice mixture with baby carrots cut into quarters lengthwise and broccoli crowns with extra Virgin olive oil and a 12 ounce glass of Sprite lemon lime soda with a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 04/23/12 Monday 1:45 A.M. I made 104 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching episode 5 of the "The Adventures of Sherlock Holmes". CIO

Note: <888> 04/23/12 Monday 12:10 A.M. If one is bored of Greenwich, Connecticut, one can always try out The Town of North Castle, New York - Official Web site to the north of us, for a more rural environment or in nearby Bedford, New York Ginnel Real Estate - Bedford Hills Real Estate, New York Homes for sale, Buy & Sale homes . I will now make cigarettes. CIO

Note: <888> 04/22/12 Sunday 11:00 P.M. I went back to bed until just now. I made my bed again. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/22/12 Sunday 7:45 P.M. I woke up at 3 P.M., when a relative called. I finally woke up at 6 P.M., when another relative called. I chatted with the same relative again. There has been continual rain all day. Also there has been continual jet traffic at nearby Westchester County Airport. I guess people are returning up north from vacations down south. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

End of Scott's Notes week of 04/22/12:

Note: <888> 04/22/12 Sunday 7:35 A.M. I ate 17 Wheat Thin crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese.

They still make boats in Holland, Michigan Hope floats at Greenwich boat show - GreenwichTime

In- sourcing: S2 Yachts to build in Holland, Michigan boats for Netherlands-based firm - Holland, MI - The Holland Sentinel

Zeelander

Zeelander

S2 Yachts

I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/22/12 Sunday 6:35 A.M. I watched "Inspector Lindley, For the Sake of Elena". CIO

Note: <888> 04/22/12 Sunday 4:10 A.M. Wrist Comfort Mice Pad Mat Mousepad for Optical Mouse 99 cents and free shipping

Tim Berners-Lee: Tell Facebook, Google you want your data back | Webware - CNET

Birthday Girl Elizabeth II (queen of United Kingdom) -- Britannica Online Encyclopedia

This might be a good Bloody Mary Mix too without the linguine Michael Louis Scott's Tomato meat sauce to spaghetti of linguine or Michael Louis Scott's Tomato meat sauce to spaghetti of linguine . Romanoff Vodka 1.75 Liters \$12.99 Romanoff - Vodka (1.75L) - Varmax Liquor Pantry \$12.99 is not too expensive around here.

BBC News - France votes in first round of presidential poll

BBC News - US introduces \$60 LED light bulb

BBC News - Asparagus, royalty and the joys of seasonal eating

BBC News - Netherlands train crash: Scores injured in Amsterdam

BBC News - Great white shark caught by fishermen in Mexico

BBC News - Diamond Jubilee: Queen Victoria archive goes online

BBC News - Mexico's Popocatepetl volcano spews burning rock

CENAPRED Mexico CIO

Note: <888> 04/22/12 Sunday 3:00 A.M. 10% off with coupon code "ED10" at Army Navy Outfitters Military Surplus Clothing Army Navy Store Military Uniform Accessories Military Clothing - Uncle Sams Army Navy Outfitters . One can get a Passport Travel Pouch for \$15.26 less discount code at this link HW CLASSIC PASSPORT TRAVEL POUCH - Uncle Sams Army Navy Outfitters with free shipping. It is good for carry all of the items like cell phones, eye glasses, keys, wallets, and other items that one has to carry anymore and even smokes if one still smokes. CIO

Note: <888> 04/22/12 Sunday 2:50 A.M. I ate a 16.5 ounce Marie Callender beef pot pie with a 12 ounce glass of lemon lime Sprite.

Out in www.nantucket.net , they might start to make a little money this time of year, if they have a Sea Scallop boat with dredge to harvest the large supply of sea scallops nearby out in the ocean and a local population that know how to open them. Back in the spring of 1977, one got about \$50 for a five gallon pale of opened Sea Scallops when working on one of the local boats, but it is hard work on the hands, since sea scallops have jagged sharp edges. An opened Sea Scallop is about 1.5 inches in diameter by 1 inch long, so one has to figure out how many Sea Scallops one has to open to fill a five gallon pale. The locals in Nantucket are really fast at it. They then use the open shells which stink when they are rotting with the remaining guts to cover their driveways. CIO

Note: <888> 04/22/12 Sunday 1:25 A.M. This is also where I use to stay when it was a boarding house for \$5 a night The Summer House - India Street, Nantucket Town . India House Nantucket--India House | United States Forum | Fodor's Travel Talk Forums where Jimmy Eldert use to live and work use to have a small room in the attic for their help. CIO

Note: <888> 04/22/12 Sunday 1:20 A.M. Today is "Earth Day" Earth Day 2012 | Earth Day Network , so one should try to be environmentally conscious. Up at www.nantucket.net , one could always work at Le Languedoc Bistro a Nantucket Restaurant and Inn. Serving French cuisine on Nantucket for over 30 Years as a dishwasher pot scrubber for minimum age, where a lot of the waitrons are from the Stowe Stowe Mountain Resort | Ski and Golf Stowe | Vermont Ski and Golf Vacation Ski Patrol, and they have a nearby guest house at Hussey Street, with a few wooden bunk beds in the basement where their help can stay at low rate. It is not a deluxe Nantucket lifestyle, but one would survive, and see lots of interesting people. William

Sloan Coffin, the chaplain at [www.yale.edu](http://www.yale.edu) used to be one of the summer carpenters at Le Languedoc. However, when they close in December, one has no place to go. CIO

Note: <888> 04/22/12 Sunday 12:40 A.M. If one is traveling around in this area, the least expensive places I know to stay in this area are in Elmsford, New York and Norwalk, Connecticut at [Extended Stay Hotels – hotel rooms and suites for long term stays](#) , but for young men, there is also the [The Stamford Family YMCA](#) . Of course further east, there is always the couch in the basement of the [Yale Law School](#) and in Manhattan, there is the [VANDERBILT HOME - Vanderbilt - YMCA of Greater New York](#) . CIO

Note: <888> 04/22/12 Sunday 12:20 A.M. It started raining just before midnight. I picked up the mail. The State of Connecticut Social Worker has approved my Food Stamps and Connecticut Medicaid for another year. Besides the 24 hour dinner in Greenwich, Connecticut [Glory Days Diner, Greenwich, CT](#) , there is also a 24 hour Diner near the A&P Shopping plaza in Port Chester, New York. There is also a 24 hour diner near the bowling alley in downtown White Plains, New York, and there is another 24 hour diner by the Tarrytown exit off I-287 North just before the Tappan Zee Bridge. There are 24 hour rest areas with restaurants in both directions on I-95 in Darien, Connecticut.

Local I-95 exit 3 Greenwich, Connecticut camera [ConnDOT: CCTV# 4 Greenwich NB Exit 3 - Arch St. and Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) , if you think you can afford to cruise around. I overheard someone from Saudi Arabia chatting downtown the other night, and the person was walking around, and did not seem to have a car. Maybe we will now have weather similar to the rain in an English Spring. CIO

Note: <888> 04/21/12 Saturday 11:15 P.M. I will now shower and clean up and put foot cream on my feet. At close to age 62, they don't need my presence on Greenwich Avenue during the wee hours of the morning, but I can always work the internet for what its worth. Well look at it this way, if the country is attacked, I will be one of the first to know to put out the alarm to all of the people that are sleeping overnight.

[Greenwich, Connecticut 06830 U.S.A. 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W](#)

[National Weather Service Watch Warning Advisory Summary](#) CIO

Note: <888> 04/21/12 Saturday 10:50 P.M. Hundreds of thousands may lose Internet in July - GreenwichTime

#### DNS Changer Check-Up - Clean

When one has a period of drought without rain, the roads develop a film of oil residue on them, so when one finally gets a little bit of rain, the mixture of rain and oil residue makes the roads more slippery than normal.

#### 4 accidents shut down I-95 in Norwalk overnight - GreenwichTime CIO

Note: <888> 04/21/12 Saturday 10:40 P.M. I woke up in the morning, and I ate two ounces of Wheat Thins. I finally woke up at 8:45 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/21/12 Saturday 7:25 A.M. I watched a little bit of television. I ate 14 Wheat Thin crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/21/12 Saturday 6:15 A.M. I ate 20 red jelly beans. I watched "2012, Science or Superstition". CIO

Note: <888> 04/21/12 Saturday 3:35 A.M. Free alpha Russian Windows operating system Download - ReactOS Website . CIO

Note: <888> 04/21/12 Saturday 3:15 A.M. Prison Planet.com » Bill Gates Scandal: Bill Gates Pays Media to Say He's A Super Hero! CIO

Note: <888> 04/21/12 Saturday 3:05 A.M. I ate a 10 ounce medium rare sautéed top round CAB London Broil of beef with Lea and Perrins Worcestershire sauce and Jack Daniels Old Number 7 barbecue sauce and my usual steamed flavored rice mixture with baby carrots cut into quarters lengthwise and broccoli crowns with extra Virgin olive oil and a 12 ounce glass of Sprite lemon lime soda with a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 04/21/12 Saturday 1:30 A.M. I put away the clean laundry. CIO

Note: <888> 04/21/12 Saturday 1:00 A.M. [Japan EMSEV 2012](#)

[Gotemba Kogen Resort](#)

['Sex' and 'romance' inspire Richard Gere's boutique hotel - CNN.com](#)

[birthday boy Adolf Hitler \(dictator of Germany\) -- Britannica Online Encyclopedia](#)

[Microsoft's Earnings Surpass Expectations - NYTimes.com](#)

[BBC News - Badger culling: High Court challenge granted](#)

[BBC News - Nasa sets challenges for citizen scientists](#) CIO

Note: <888> 04/21/12 Saturday 12:30 A.M. If one needs to do big loads of laundry, the Cos Cob Laundromat near Radio Shack is opened 24 hours, and they have large machines, such as one would use for blankets, comforters, quilts, and curtains. However, I would not go there this Sunday with the expected two inches of rain, since that area can flood in heavy rain storms. Also the rotary just west of the First Presbyterian Church in Old Greenwich can flood in heavy rain storms, as I found out the hard way, when my Volvo station wagon flooded there about eight years ago. CIO

Note: <888> 04/21/12 Saturday 12:15 A.M. I have 50 minutes to go on the dry cycles. CIO

Note: <888> 04/20/12 Friday 11:45 P.M. I put clean linens on the bed. I showered, and I cleaned up, and I put foot cream on my feet. I started two loads of laundry, and I have 15 minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 04/20/12 Friday 10:25 P.M. I woke up at 8:30 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. Night owls are not daytime people. CIO

Note: <888> 04/20/12 Friday 10:55 A.M. I turned the air conditioners on in the current heat wave. I will now go back to bed.

[Weekend rain on the way - GreenwichTime](#) CIO



Note: <888> 04/20/12 Friday 10:05 A.M. I woke up at 9 A.M.. I ate a 1/5th piece of apple pie. I ate 12 Wheat Thin crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese and a 12 ounce glass of lemon lime Sprite. CIO

Note: <888> 04/20/12 Friday 6:05 A.M. I ate 20 red jelly beans. I watched "Sherlock Holmes, The Last Vampire". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/20/12 Friday 3:20 A.M. J Hotel in Greenwich approaches opening day - GreenwichTime

Proposed bill would double Greenwich auto taxes - GreenwichTime CIO

Note: <888> 04/20/12 Friday 3:00 A.M. I ate a 10 ounce medium rare sautéed top round CAB London Broil of beef with Lea and Perrins Worcestershire sauce and Jack Daniels Old Number 7 barbecue sauce and my usual steamed flavored rice mixture with baby carrots cut into quarters lengthwise and broccoli crowns with extra Virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale with a cup of green tea with Splenda sweetener and Borden lemon juice. When I sauté a London Broil or hamburger, I put a few tablespoons of extra virgin olive oil in a 10 to 12 inch frying pan on medium high electric heat, and after the olive oil is heated after two to three minutes, I put in the meat and depending on the thickness, I fry it about three to four minutes a side flipping it every minutes, and the first time on each side, I put garlic powder, ground black pepper and Italian seasoning, and for the last few minutes, I put in a few tablespoons of Kikkoman soy sauce that reduces down to a juicy glaze. I usually heat up the plate with the frying pan, before serving the meat on a plate, unless it is a burger in which case I serve it on a Kaiser roll. CIO

Note: <888> 04/20/12 Friday 1:35 A.M. iFly Magazine

Save money with Scotland - the Destination of the Month!

BBC News - 'Huge' water resource exists under Africa

BBC News - Evolution seen in 'synthetic DNA'

BBC Nature - Rare UK butterflies 'bounce back'

Look at me hovering!. | Flickr - Photo Sharing!

BBC News - DNA reveals polar bear's ancient origins

BBC News - Alan Turing papers on code breaking released by GCHQ

BBC News - Microsoft quarterly profits beat expectations CIO

Note: <888> 04/20/12 Friday 12:45 A.M. For young journalists in Midtown Manhattan whom can not afford an office, there is always this convenient outdoor space frequented by journalists In the Know Paley Park - Wikipedia, the free encyclopedia . However, it can be a little bit cold in the winter. However, they close it at night.

Eats.com - 24 Hours - Midtown East Restaurant Guide, Menus, Reviews and More

L'express - Home - New York is just west of Grammercy Park and is opened 24 hours.

In Greenwich, Connecticut Glory Days Diner, Greenwich, CT .

There use to be a 24 hour coffee shop restaurant by the Byram Bridge in Byram, Connecticut on the New York border, but I am not sure whether they are still opened or not. There also use to be a 24 hour Laundromat at that location. CIO

Of course at Chez Michael's in Byram, nobody ever calls me up, since I am usually too busy to cook, and with my worldwide network of friends and associates, they do not know whom else they might run into, if they bother me. CIO

Note: <888> 04/20/12 Friday 12:10 A.M. I made 103 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg .

!!!!!! There are about 6.5 billion people on the planet earth. One could probably make a lot of money by installing "Pay Toilet Paper Machines" worldwide on the planet. At say 25 cents for a small bundle of toilet paper, one would have a large cash flow, if one knew how to run the business properly. CIO

Note: <888> 04/19/12 Thursday 9:35 P.M. I woke up twice while I was asleep, and I chatted with relatives. I finally woke up at 8 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my

bed. I chatted with a relative. I will now make up a fresh batch of punch. I will then shower and clean up and put foot cream on my feet. I will then throw out the garbage and pick up the mail. I will then make cigarettes. CIO

Note: <888> 04/19/12 Thursday 11:10 A.M. I ate 8 chocolate chip cookies. I chatted with a relative. I turned on the air conditioners. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/19/12 Thursday 9:20 A.M. I threw out the garbage. I chatted with neighbors. I walked around the building. They cleared the overgrowth leading down to West Putnam Avenue that was growing over the building power lines. I received a telephone call yesterday while I was sleeping, and it was my Connecticut State worker who was processing my Connecticut State Redetermination Form. The worker wanted to know if I had electric heat which I do. CIO

Note: <888> 04/19/12 Thursday 8:40 A.M. [Prison Planet.com » Your Car Set To Become Part of 'The Internet of Things'](#)

[\\$9.99 with free shipping "GOOD CHOICE" COMPACT FLUORESCENT NIGHT LIGHTS - 2 PACK | eBay](#)

This is the shower head that I use to save money on hot water [Deluxe Saver Shower Head # DS2C by Whedon Products](#) . One needs teflon plumber's tape and pipe wrench to install it. CIO

Note: <888> 04/19/12 Thursday 7:30 A.M. There are suppose to be large tuna off Costa Rica too [Technicality keeps 427-pound yellowfin tuna catch out of record book | Fox News](#) .

Close to \$5 a gallon for self service premium gasoline \$4.969 a gallon [Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) . CIO

Note: <888> 04/19/12 Thursday 6:50 A.M. I ate a 1/5th piece of apple pie and a 12 ounce glass of Sprite. I saw on the documentary about "Lost Castles of England" that the Anglo Saxons [Anglo-Saxons - Wikipedia, the free encyclopedia](#) were done in at the [Battle of Hastings - Wikipedia, the free encyclopedia](#) . However, a few Anglo Saxons manage to live on despite their low key presence. There are about two billion people in the north country further north than the New York City area around the world, so there is no lack of people up north, although they don't feel like visiting down south in large numbers.

Sign up for the Prime Minister of Canada's email at this web page [Prime Minister of Canada](#) . One submits one's email address in the upper right corner of the web page. CIO

Note: <888> 04/19/12 Thursday 5:55 A.M. [Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |](#)

[Biltmore Email Newsletter](#)

[Koninginnedag in Amsterdam: a fantastic and fun experience!](#)

[What exactly do you get with Windows 8 Pro? | ZDNet](#)

[BBC News - 'Blind' mice eyesight treated with transplanted cells](#) CIO

Note: <888> 04/19/12 Thursday 5:20 A.M. I woke up just now. I made my bed. CIO

Note: <888> 04/19/12 Thursday 1:05 A.M. I ate a 8 ounce medium rare sautéed top round of beef hamburger on a Kaiser roll with two slices of white American cheese and Dijon mustard and Heinz ketchup and my usual steamed flavored rice mixture with baby carrots cut into quarters lengthwise and broccoli crowns with extra Virgin olive oil and a 12 ounce glass of diet [www.coke.com](#) with a cup of green tea with Splenda sweetener and Borden lemon juice. I also ate about 20 red jelly beans. I will now take a nap for a while. They now have [DOGTV - Welcome to DOGTV The First Television Channel for dogs](#) for stay at home shut in dogs. CIO

Note: <888> 04/18/12 Wednesday 11:25 P.M. After the last note, I threw out the garbage. I drove over to the far reaches of Greenwich Avenue, and I stopped by CVS, and I picked up a prescription. I then drove further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with a relative on my wireless telephone. I used the bathroom at Starbucks, and I chatted with a regular. On the way up Greenwich Avenue, I stopped by CVS, and I bought four 16 ounce Ajax orange dishwashing detergent for .89 each and .23 tax for \$3.79 total. On the way up further up Greenwich Avenue, I noticed a dark Bentley convertible with orange New York license plate driving up at full speed the wrong way up Greenwich Avenue to the top, so it must have been someone from out of town. It was not very busy out. After my walk, I sat out enjoying the tulips at the Veterans monument across the street from the Senior and the Arts center. They are still in pretty good shape. I then went to the Stop and Shop, and I bought a six ounce jar of Gold's hot horseradish

for \$1.59, a bulb of garlic for .50, and two top round CAB London Broil for \$3.99 a pound for \$4.39 and \$4.75 for \$11.23 total. I then returned home. I picked up the mail, and I put away the groceries. CIO

Note: <888> 04/18/12 Wednesday 7:10 P.M. I woke up at 6 P.M.. I made my bed. I ate two crab meat sandwiches with Pringle salt and vinegar potato chips and a 12 ounce glass of Schweppes Ginger Ale. I will now shower and clean up and put foot cream on my feet and go downtown. CIO

Note: <888> 04/18/12 Wednesday 1:10 P.M. I will now try to sleep some more. CIO

Note: <888> 04/18/12 Wednesday 12:40 P.M. I watched episode 3 of "the Adventures of Sherlock Holmes". I went to bed at 5:30 A.M.. I woke up at 9:30 A.M., when somebody rang my telephone from the front door downstairs, but nobody was there. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I chatted with a relative. CIO

Note: <888> 04/18/12 Wednesday 3:35 A.M. I watched "Ancient Mysteries, Lost Castles of England". I will now shut down the primary work computer. I will then eat a 1/5th piece of apple pie. I will then go to bed. CIO

Note: <888> 04/18/12 Wednesday 2:20 A.M. [America's deadly devotion to guns | World news | The Guardian](#) CIO

Note: <888> 04/18/12 Wednesday 2:10 A.M. They manage to keep busy even in the cold weather [The British Monarchy | Facebook](#)

[Processional route announced for Diamond Jubilee weekend, 16 April 2012](#)

[Message of condolence following the death of the King of Tonga, 19 March 2012](#)

[King George Tupou V of Tonga obituary | World news | The Guardian](#) CIO

Note: <888> 04/18/12 Wednesday 1:30 A.M. [Special CD Offer! Paul McCartney](#)

[Greenwich Land Trust](#)

[FOX RELEASE at Agnew Orchard | Facebook](#)

[Microsoft TechMentor](#)

[Microsoft Conference Venue, Travel and Hotel Deals -- TechMentor](#)

[CCC-IAVCEI](#)

[Spoiler alert: Your TV will be hacked | Security - InfoWorld](#)

[Observatorio Vulcanológico y Sismológico de Costa Rica](#)

[For Windows 8, Microsoft cuts product lineup to two editions | ZDNet](#)

[Tell Congress: Update the Mining Law of 1872!](#)

[Newegg.com - 48-Hour Sale! Diablo III Pre-Order, \\$89.99 20" LED-LCD Monitor, \\$17.99 24X DVD Burner](#)

[BBC News - Shuttle Discovery retires with Washington flypast](#)

[BBC News - Warren Buffett diagnosed with stage one prostate cancer](#)

[BBC News - Mexico raises Popocatepetl volcano alert](#)

[BBC News - Colombia's 'sleeping lion' Nevado del Ruiz volcano stirs](#)

[BBC News - British colonial files released following legal challenge](#)

[BBC News - Three 'flavours' for Microsoft's Windows 8 OS CIO](#)

Note: <888> 04/18/12 Wednesday 12:10 A.M. I ate a 16.5 ounce Marie Callender beef pot pie with a 12 ounce glass of Sprite lemon lime soda and a cup of green tea with Splenda sweetener and Borden's lemon juice.

[Malibu - Surf Report and HD Surf Cam | SURFLINE.COM](#)

[The Malibu Chronicle](#)

[Malibu Times > Front](#)

[skin cancer - Bing Health CIO](#)

Note: <888> 04/17/12 Tuesday 10:55 P.M. I woke up at 5:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted

English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I showered, and I cleaned up, and I put foot cream on my feet. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I picked up a prescription. I bought two 3 quart bottles of Clorox bleach for \$2.50 each, buy two get one free of CVS 7 ounce extra moisturizing shave gel for \$2.29 each for two with the third one free, a Alberto VO5 15 ounce kiwi and lime shampoo for .99 and a Alberto VO5 15 ounce kiwi and lime conditioner for .99, and a package two Conair classic design black men's combs for \$3.39 both less \$1.35 with a CVS 25% discount coupon and .86 tax for \$14.46 total. I then drove further downtown, and I chatted with a relative on my wireless telephone, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. Tomatillo Taco Joint :: Urban Taqueria & Cantina is now opened on Railroad Avenue across from the Greenwich movie theatre. On the way up Greenwich Avenue, I stopped by CVS again, and I bought a 12 roll package of Scott toilet paper for \$6.99 and .44 tax for \$7.43 total. The new Mexican burrito restaurant "Chipacota?" is now opened at the top of Greenwich Avenue just south of the People's Bank. They have steak burritos there for \$7.49. I finished my walk. The tulips across the street from the Senior and the Arts center at the Veterans monument are out in full bloom until we get two inches of needed rain this Saturday. I then went by the A&P Fresh, and their deli was closed, but they have Smithfield Ham their for \$4.99 a pound this week. Their Angus beef is 40% off, but they did not have any at the moment. I bought four Marie Callender 16.5 ounce beef pot pies for \$2.50 each, two 12 packs of Thomas' English muffins for \$2.50 a 12 pack, buy one get one free of 11 ounce Eight O'clock hazelnut coffee beans for \$7.49 both, fresh Dole bananas for .79 a pound for \$1.95, a large white sweet onion for \$1.49 a pound for \$1.18 for \$25.62 total. I then returned home. I jumped started a vehicle in the parking lot. I picked up the mail. I used my wire cart to bring up my purchases and put them away. I am charging up the three jump start systems and the 2 million watt rechargeable lantern. I turn off the air conditioners at night this time of year and open the living room window and use all the fans. CIO

Note: <888> 04/17/12 Tuesday 8:25 A.M. Temps, fire threat remain high - GreenwichTime

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/17/12 Tuesday 8:00 A.M. I ate about 30 red Starburst jelly beans. CIO

Note: <888> 04/17/12 Tuesday 7:40 A.M. refurbished JVC 37 inch 1080p \$269.99 plus \$5 shipping Woot® : One Day, One Deal™

Build Your Nissan Versa | Select Model | Nissan USA . CIO

Note: <888> 04/17/12 Tuesday 7:25 A.M. I rinsed off the mold proof bath mat with water that I soaked in Clorox bleach and water over night, it is now quite clean. I threw out the garbage. I said hello to a morning Health Care worker. Not much seems to be happening, when one does not go downtown to the fast paced Greenwich Avenue. This time of year once it gets warmer, we get a few fishermen out here on the waterfront, but with the price of fuel, they might not be showing up in large numbers. I do not bother driving down to Steamboat Road anymore, because it is an extra dollar in gasoline from Greenwich Avenue. I know a number of people whom still drive a lot, but they don't communicate through the internet at all. I chatted with a friend. Watch Hill, RI - Watch Hill, Rhode Island Information, Accomodations, Restaurants, Attractions, Events & More. VisitWatchHill.com . CIO

Note: <888> 04/17/12 Tuesday 6:30 A.M. If one happens to be at the Stamford Town Center Mall today only, there is a Panda Express | Chinese Food, Wok-Cooked and Served Fast there with a free Angus steak meal today with this coupon  
[https://www.pandaexpresssocialmedia.com/media/2012\\_px\\_sas\\_freeday.jpg?fbtab](https://www.pandaexpresssocialmedia.com/media/2012_px_sas_freeday.jpg?fbtab) . CIO

Note: <888> 04/17/12 Tuesday 5:35 A.M. I put a 15 ounce can of Chef Boyardee beef ravioli in a plastic microwave proof container with lid, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, and Frank's hot sauce, and I microwaved it on one vegetable cycle in the www.ge.com microwave oven. I ate it with a 12 ounce glass of diet www.coke.com and a 1/5th piece of a few day old apple pie. CIO

Note: <888> 04/17/12 Tuesday 4:45 A.M. Today only 40% off one item KODAK Gallery Friends & Family Sale

Save the Date - Red Cross Golf Classic!

News from Greenwich Library: Greenwich Reads Together

Journey towards the Center of the Earth | Insidethevolcano.com

Video -- Into Iceland's Volcano -- National Geographic



Sakurajima Volcano

Explosive Eruption of Sakurajima Volcano Accompanied by Shock-Wave - YouTube

Ash-rich Explosive Eruption of Sakurajima Volcano Throwing Volcanic Bombs. - YouTube

\$229.98 RCA 32 inch 720p Class LCD HDTV - Walmart.com

BBC News - New prostate cancer treatment may reduce side-effects

BBC News - SpaceX's Dragon ship set for station visit

BBC Nature - Orangutans show engineering skills when building nests CIO

Note: <888> 04/17/12 Tuesday 3:35 A.M. I just woke up. I made my bed. CIO

Note: <888> 04/17/12 Tuesday 12:10 A.M. I will now take a nap. CIO

Note: <888> 04/16/12 Monday 11:45 P.M. I ate the rest of the linguine and tomato meat sauce with grated Parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 04/16/12 Monday 10:35 P.M. I threw out the garbage. I picked up the mail. I chatted with a relative. I put a 20% Clorox bleach mixture 80% water mixture in a large basin in the bathtub to soak the mold free white rubber bath mat overnight, so I get rid of some of the mold that did develop. I turned off the air conditioners, and I opened the living room window with the fans still going. I made 99 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching [www.foxnews.com](http://www.foxnews.com) . CIO

Note: <888> 04/16/12 Monday 8:35 P.M. Before cleaning up, I thoroughly cleaned the bathroom. I cleaned the sink and sink counter with Lysol disinfectant cleaner. I cleaned the toilet with Clorox toilet bowl cleaner, Lysol disinfectant cleaner, and I put in a new Walgreen's Automatic Bowl Fresh jar in the toilet tank. I cleaned the bathtub with Comet cleaner, and I cleaned the bath shower walls with Lysol disinfectant cleaner. I put out a new bar of Dove soap. Thus the bathroom is a lot cleaner. I will now make cigarettes. Since the Vanderbilts were the first rich people in America, they keep around a lot of Dutch house cleaners to keep households neat and clean. CIO

Note: <888> 04/16/12 Monday 6:50 P.M. I will now shower and clean up and put foot cream on my feet. I will then make cigarettes. CIO

Note: <888> 04/16/12 Monday 6:05 P.M. I woke up at 4:30 P.M.. It is only 78 degrees Fahrenheit outside right now. I am cool and comfortable with the air conditioners going in my apartment. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/16/12 Monday 9:15 A.M. [High Frequency Active Auroral Research Program - Wikipedia, the free encyclopedia](#)

### HAARP

I will now shut down the primary work computer and go back to bed. CIO

Note: <888> 04/16/12 Monday 8:45 A.M. I ate 7 Triscuit crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. The temperature in Stowe, Vermont [Stowe Mountain Resort | Ski Stowe | Vermont Ski Vacation](#) today is a high of 83 degrees Fahrenheit [7-Day Forecast for Latitude 44.47°N and Longitude 72.68°W](#) , so I don't think the Spring Skiing will be too good. Up in Montreal, Quebec, Canada it will be 85 degrees Fahrenheit [Montreal Weather Forecast and Conditions - weather.com](#) . Only a high of 52 degrees Fahrenheit in London, England [London Weather Forecast and Conditions - weather.com](#) . 63 degrees Fahrenheit right now in MooCow, Russia [Moscow Weather Forecast and Conditions - weather.com](#) . High of 56 degrees Fahrenheit and more rain in Redmond, Washington [Redmond Weather Forecast and Conditions - weather.com](#) . Down south below the Mason Dixon line, they are expecting a high of 81 degrees Fahrenheit in Vero Beach, Florida [7-Day Forecast for Latitude 27.64°N and Longitude 80.4°W \(Elev. 16 ft\)](#) . All I can figure out is that sun spots or the Gulf Stream is acting up, unless it is the [Solid Proof That Weather Modification Projects Are Being Conducted All Over The United States](#) and [Prison Planet.com » The hidden \(sick\) agenda behind chemtrails](#). Well, it has not been raining much in this area or even snow for a long time, except for the freak hurricane last fall and the early blizzard. CIO

Note: <888> 04/16/12 Monday 7:25 A.M. I watched Episode 2 of "The Adventures of Sherlock Holmes". I can't fall asleep yet, so I will blog some more on the computer. CIO

Note: <888> 04/16/12 Monday 4:45 A.M. I caught something like this [Crane fly - Wikipedia, the free encyclopedia](#) with a bowl and a magazine, and I threw it out in the hallway. It got into the apartment, when I had the screen off the window, when installing the air conditioner in the living room. I ate a 1/5th piece of apple pie with a glass of cold filtered water. I will now shut down the primary work computer, and I will either go to bed or watch some video before going to bed. CIO

Note: <888> 04/16/12 Monday 4:20 A.M. [The Truth about the Titanic - Obit Report - GreenwichTime](#)

[Titanic : Encyclopedia Titanica New Additions](#)

[10 Facts About the Titanic That You Don't Know](#) CIO

Note: <888> 04/16/12 Monday 4:05 A.M. [Titanic \(ship\) -- Britannica Online Encyclopedia](#)

[New York Public Library Counters Critics of Renovation Plans - NYTimes.com](#)

[More U.S. Children of Immigrants Are Leaving U.S. - NYTimes.com](#)

[BBC News - Tornadoes kill five in US Midwest](#)

[BBC News - Drought may last until Christmas: Environment Agency](#) CIO

Note: <888> 04/16/12 Monday 2:15 A.M. If anyone is hungry at this early morning hour, the 24 hour [www.cvs.com](#) at 644 West Putnam Avenue and the 24 hour CVS at the Riverside Shopping Plaza by exit 5 on I-95 are opened. They have 12 inch frozen DiGiorno pizzas this week for two for \$11 or \$5.50 each. Of course the gasoline to get there [Greenwich Gas Prices – Find Greenwich, Connecticut Gas Stations and Cheap Gas in CT at Automobile Magazine](#) might be more than the pizza. At \$2.30 round trip in gasoline for me to go downtown to Greenwich Avenue and back, it costs me about a half of a 12 inch frozen pizza to go downtown and back just to be ignored by all of the Starbucks caffeine addicts and other people enjoying Greenwich Avenue. CIO

Note: <888> 04/16/12 Monday 1:30 A.M. Having the air conditioners going in the apartment with the window closed this time of year, also helps with the allergy season for allergy sufferers. Living on islands like [www.nantucket.net](#) , Key West, Florida, and Lanzarote, since they are out in the ocean is also good for allergy sufferers. I just ate half of the remaining linguine and tomato meat sauce with grated parmesan and Romano cheese

and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) . I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/16/12 Monday 12:40 A.M. I moved the Bumble Bee Light from the white bookcase at the kitchen entrance, and I put it on top of the Epox computer in the center of the living room at a high elevation. Since the apartment lights put out a lot of heat with the energy saving light bulbs, I turned off the apartment lights, and I just have the bumble bee light going with an energy saving light bulb and the energy saving light over the primary work computer. I have learned that in the winter the apartment lights put out 4 to 5 degrees of extra heat which is useful, but in the warmer weather one does not need that extra heat. Of course in the afternoon when the western sun shines on my apartment windows over the second flat black roof that is outside my apartment, it produces a lot of heat, which is why I need the air conditioners to protect myself from the greenhouse effect. However, in the winter, the western sun does not shine on the same windows. I also have all of the fans going in the apartment to move around the cool air. CIO

Note: <888> 04/16/12 Monday 12:15 A.M. If one looks at [Greenwich, Connecticut USA 06830 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W](#) , it is suppose to go up to 86 degrees Fahrenheit today. To get ready for the April heat wave, I used my little portable cart from the rear of the Audi, and I moved the Panasonic 12,000 BTU air conditioner from storage in the living room to the bedroom window. I sealed up the left opening with Plexiglas, foam rubber and duct tape, and I put the storage items back on the bedroom window shelf on the left side. I cleaned its filter. It works just fine. I then installed the Frigidaire 8,500 BTU air conditioner in the living room window opening, and I sealed it up with foam rubber and duct tape. I also put two new AA alkaline batteries in the Oregon Scientific weather station sending unit hanging outside by it, so it has fresh batteries for the summer. I cleaned its filter. It works just fine. For now, I also have the Lasko fan sitting on a breakfast tray in front of the window that opens up above the air conditioner, in case I want to just use the fan with the open window or if I want to move the air conditioner cool air around more vigorously. I put the little folding cart back in the trunk of the Audi. Thus I am ready for the hot weather season which will cost more in electricity for cooling. I have both unit going at the moment, and I will continue to run them all day to deal with the heat spell. Computers and myself like to be cool. CIO

Note: <888> 04/15/12 Sunday 9:10 P.M. After the last note, I watched "To Kill a King". However, the last 20 minutes of its video did not work, just its sound. I ate a few day old muffin. I went to bed at 5:30 A.M.. I woke up

at 6:30 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I watched the [www.cbsnews.com](http://www.cbsnews.com) 60 Minutes program on Mike Wallace. I turned to channel 21 PBS, and they were showing an old broadcast of the Kingston Trio. The guitar player in the Kingston Trio looked like [George W. Bush - Wikipedia, the free encyclopedia](http://en.wikipedia.org/wiki/George_W._Bush) . I chatted with two relatives. CIO

End of Scott's Notes week of 04/15/12:

Note: <888> 04/15/12 Sunday 1:55 A.M. [BBC News - Titanic tragedy remembered in special events](#)

[RMS Titanic Home | Titanic Pictures, Titanic Video, Titanic Survivor Information](#)

In the 1970s they use to hold parties for the survivors of the Titanic at the Howard Johnson's Motel here in Greenwich, Connecticut on East Putnam Avenue. As I recalled they were held on the anniversary date. They were written about in the [www.greenwichtime.com](http://www.greenwichtime.com) at the time.

[Greenwich diver unearths stories from Titania's wreckage - Greenwich Time](#)

I will now send out my weekly notes. I will then shut down the primary work computer, and I will watch some video. CIO

Note: <888> 04/15/12 Sunday 1:15 A.M. I made up a batch of [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) or [Michael Louis Scott's Tomato meat sauce to spaghetti of linguine](#) . I ate one third of it and refrigerated two thirds in Rubbermaid containers, and I ate it with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splendid sweetener and Borden lemon juice. CIO

Note: <888> 04/14/12 Saturday 11:35 P.M. I went by the Stop and Shop. I bought four 16 ounce boxes of Barilla linguine for \$1 each box, eight 24 ounce jars of Ragu chunky spaghetti tomato sauce with garlic for \$1.67 each, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.39, and four 15 ounce cans of Chef Boyardee ravioli for \$1.25 each for \$22.37 total. I then went downtown, and I walked lower Greenwich Avenue and the train station area. On the way up Greenwich Avenue, I noticed that [Hermes.com - The official Hermès website](http://Hermes.com) is setting up a new

store just north of the Senior and the Arts center where Best and Company used to be. I walked as far north as Elm Street, when it started to rain. I returned to my car. There was a black Volkswagen sedan from Santa Monica, California parked next to my car, when I parked. I then returned home. It is exactly six miles round trip downtown for me going east on West Putnam Avenue from Vinci Drive and down Greenwich Avenue to the senior and the arts center and back up Mason Street and west on Elm Street to north on Benedict Place and back west on West Putnam Avenue to Vinci Drive. Thus it costs me about a half gallon of gasoline or \$2.30 to go downtown round trip and back when there is no traffic in the evening. I said hello to a neighbor. I put away my groceries. CIO

Note: <888> 04/14/12 Saturday 8:40 P.M. I chatted with another relative. When I go out after I clean up, I will throw out the bucket of pink tulips. CIO

Note: <888> 04/14/12 Saturday 7:50 P.M. I woke up at 5 P.M.. I chatted with a friend. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I threw out most of the old magazines. I picked up the mail. I will now shower and clean up and put foot cream on my feet. I will then go downtown for a walk. I chatted with a relative. CIO

Note: <888> 04/14/12 Saturday 4:35 A.M. I watched the movie "Ironclad".

State panel passes \$9.25 minimum wage bill - GreenwichTime

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/14/12 Saturday 1:40 A.M. Boo Cutest Dog CIO

Note: <888> 04/14/12 Saturday 1:25 A.M. I ate a Stouffer's 18.25 ounce five cheese lasagna with grated parmesan and Romano cheese sauce and a 12 ounce glass of diet www.coke.com and a cup of green tea with Splenda sweetener and Borden lemon juice. CIO

Note: <888> 04/14/12 Saturday 12:20 A.M. I put away the laundry. CIO

Note: <888> 04/13/12 Friday 11:55 P.M. George Bush Presidential Library Foundation

BBC News - Majorana particle glimpsed in lab

BBC News - Emperor penguins counted from space

BBC News - Battle to save flagship Envisat spacecraft

BBC News - First Raspberry Pi computers to be delivered

Raspberry Pi | An ARM GNU/Linux box for \$25. Take a byte!

RASPBERRY-PCBA - RASPBERRY-PI - RASPBERRY PI MODEL B - BOARD ONLY  
| Newark CIO

Note: <888> 04/13/12 Friday 11:20 P.M. I have 35 minutes to go on the dry cycles. On the second floor at the north end of the building, they have put up plywood partitions in the hallway. I guess it is to hold construction equipment, when they install the second elevator by the middle of the building entrance which will be a service elevator going from the basement to the second floor. CIO

Note: <888> 04/13/12 Friday 10:55 P.M. Back in the first week of May 1971, when I came back from Tobago, I landed at Kennedy airport in New York City on B.W.I.A. airlines, and in the first week of May 1971, there was six inches of snow on the ground, and I then flew up to Boston on Eastern airlines, and it was even colder in Boston. Thus the weather can change this time of year, but at the moment it does not look like it.

Live Duval Street Web Cam in Key West, Florida :: Sloppy Joe's Bar :: CIO

Note: <888> 04/13/12 Friday 10:35 P.M. I put clean linens on the bed. I took off the winter comforters and electric blanket and stored them away. I put on the summer blanket and pink and green quilt on the bed. I started two loads of laundry, and I have 20 minutes to go on the wash cycles. I threw out the garbage and the old paper. I watered the plants. CIO

Note: <888> 04/13/12 Friday 9:30 P.M. I made 162 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching [www.foxnews.com](http://www.foxnews.com) . I chatted with a relative. CIO

Note: <888> 04/13/12 Friday 6:30 P.M. \$199.99 free shipping seller refurbished Vizio 32" E320VA Flat Panel LCD HD TV 720p HDMI Black 50,000:1 Contrast Ratio (845226003585) | eBay CIO

Note: <888> 04/13/12 Friday 6:05 P.M. I called up and wished a relative Happy Birthday. The relative received the \$19.89 with free shipping Amazon.com: Kidde KN-COPP-B-LPM Battery-Operated Carbon Monoxide Alarm with Digital Display: Home Improvement .

Greenwich YMCA gets major bank bailout - GreenwichTime

Romney to attend Greenwich fundraiser - GreenwichTime

NATHANIELWITHERELL.ORG

I will now shower and clean up and put foot cream on my feet. I will then throw out the garbage and pick up the mail. I will then make cigarettes. CIO

Note: <888> 04/13/12 Friday 5:20 P.M. After the last note, I slept until 4 A.M.. I ate a few day old muffin. I watched the movie "Atlas Shrugged Part 1". I chatted with a friend. I went to bed at 8 A.M. I woke up at 3:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/13/12 Friday 1:25 A.M. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/13/12 Friday 1:00 A.M. Happy Birthday to a relative.

Microsoft, instead of turning the lights off on XP, make it open source

Springer Workshop at Goldschmidt

Goldschmidt 2012 - Welcome!

Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

Five Practice Court or Gym Sessions in Grand Central Station - TimesLimited Deals

L.L. Bean Careers Center - Job Listings

Murder in Tibet's High Places | Past Imperfect



Murder by Food: Famous Last Meals | Food & Think

Is an Egg for Breakfast Worth This? - NYTimes.com

BBC News - Contact lost with flagship Envisat spacecraft

BBC News - Google profits higher as it announces stock-split CIO

Note: <888> 04/12/12 Thursday 11:00 P.M. I ate a 8 ounce medium rare sautéed top round of beef hamburger on a Kaiser roll with Dijon mustard and Heinz ketchup and my usual steamed flavored rice mixture with baby carrots cut into quarters lengthwise and broccoli crowns with extra Virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale with a cup of green tea with Splenda sweetener and Borden lemon juice. I chatted with a friend. CIO

Note: <888> 04/12/12 Thursday 9:20 P.M. I went out after the last note. I threw out the garbage. I went by the Chase Bank at 19 West Putnam Avenue. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. The tulips are out in full bloom. I sat out at various locations. I stopped by CVS. I bought two 14 ounce bags of Starburst jelly beans \$1.49 each, and six 15.2 ounce cans of CVS Gold Emblem corn for .34 each for \$5.02 total. After my leisurely walk, I sat out for a while. I used the bathroom at Starbucks. I then went by the Stop and Shop. I bought a 24 ounce day old Stop and Shop apple pie for \$2.49, a six pack of Stop and Shop English muffins for \$1, a dozen Egglard eggs expire May 22, 2012 for \$3.59, bananas for .79 a pound for \$1.99, a sweet onion for \$1.29 a pound for \$1.19 less 40 cents can return for \$9.86 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$13.06 of self service V-Power gasoline with a dime off a gallon with my Stop and Shop card for \$4.499 a gallon for 2.902 gallons at odometer reading of 69813 miles for 39.7 miles driving since Thursday April 5, 2012 for 13.681 miles per gallon in mostly local traffic. At the Shell station, I saw a white sedan with two young male passengers from Culver City, California Culver City, California - Wikipedia, the free encyclopedia, so I guess Internet Billionaires can still afford to drive across country. I then returned home. I had to resecure the board holding up the passenger side front door window, since probably my passenger on Easter Sunday in slamming the door dislodged the board. I picked up the mail. I put away my groceries. I chatted with a relative about the price of tea in China. CIO

Note: <888> 04/12/12 Thursday 3:30 P.M. I woke up at 2 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and

cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put foot cream on my feet. I will then go downtown for some errands. CIO

Note: <888> 04/12/12 Thursday 7:00 A.M. I watched an "Inspector Lindley" movie. I will now try to get some rest. CIO

Note: <888> 04/12/12 Thursday 4:50 A.M. I will now go back to bed. CIO

Note: <888> 04/12/12 Thursday 4:30 A.M. Unsinkable Molly Brown's daughter chose Paris over Titanic - GreenwichTime CIO

Note: <888> 04/12/12 Thursday 4:10 A.M. Cutting-edge Navy warship being built in Maine | Fox News CIO

Note: <888> 04/12/12 Thursday 4:00 A.M. I ate three scrambled eggs, and three strips of fried bacon, a toasted English muffin with extra virgin olive oil, and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 04/12/12 Thursday 2:40 A.M. This group starts to show up in the Greenwich area this time of year Irish Traveler Scams | eHow.com , so watch your property, valuables, and money. CIO

Note: <888> 04/12/12 Thursday 2:05 A.M. There are still a few summer cottages available for this coming summer Balmoral Castle and Estate, online shop, gift shop, holiday cottages, fishing, scotland . CIO

Note: <888> 04/12/12 Thursday 2:00 A.M. That time of year again.

The Tropical Meteorology Project: [FORECASTS]

Michael Louis Scott Tropical Weather

Michael Louis Scott Tropical Weather CIO

Note: <888> 04/12/12 Thursday 1:35 A.M. I woke up at 1 A.M.. I ate a few day old muffin.

When one watches the news on television about various random violence, they never seem to cover this fact Fatal Car Accident, Crash Statistics: Stats Auto, Traffic, Car, Collision, Traffic . CIO

Note: <888> 04/11/12 Wednesday 7:35 P.M. I am going to rest for a while. CIO

Note: <888> 04/11/12 Wednesday 7:25 P.M. [Volcano webcams of the world - interactive viewer including live seismograms](#)

[Biltmore Inspirations Email](#)

[HDTV Alternatives: 5 High-End TV Projectors | PCMag.com](#)

[BBC News - Stardust recycling mystery solved](#) CIO

Note: <888> 04/11/12 Wednesday 6:55 P.M. I ate a Stouffer's 18.25 ounce five cheese lasagna with grated parmesan and Romano cheese sauce and a 12 ounce glass of diet [www.coke.com](#) . CIO

Note: <888> 04/11/12 Wednesday 5:50 P.M. I had to make another \$40 payment at my [www.cl-p.com](#) electric account, so the matching payment program would stay in effect after April 30, 2012. When I went on the program in November 2011, they did not bill me for the full amount which is why I had to pay the extra \$40. CIO

Note: <888> 04/11/12 Wednesday 4:45 P.M. I threw out the garbage. I picked up the mail. The order for [OPTICAL MOUSE MICE PAD MAT MOUSEPAD SILICONE SOFT BLUE eBay - New & used electronics, cars, apparel, collectibles, sporting goods & more at low prices for \\$4.99 with free shipping](#) arrived. I put it with the IBM ThinkCentre by the hallway. I moved the red, white, and blue mouse pad from that location to the left side of the second Dell Latitude D410 laptop computer. CIO

Note: <888> 04/11/12 Wednesday 3:30 P.M. All of the world is a stage, but it a'int happening here. I will now shower and clean up and put foot cream on my feet.

The blue collar workers in Greenwich, Connecticut invest their extra money here [Shop The Best and Largest Selection of Beer Online | Portchester Beer](#) . CIO

Note: <888> 04/11/12 Wednesday 1:20 P.M. I woke up at 11:45 A.M.. I did a Windows Complete PC backup of the primary work computer from the first hard drive to the third hard drive which I use for backup. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with extra virgin olive oil, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with

Splenda sweetener and milk. I washed the breakfast dishes. I made my bed.

[www.ibm.com](http://www.ibm.com) tries to make ends meet by selling older PC hardware IBM Certified Pre-owned PCs - United States . CIO

Note: <888> 04/11/12 Wednesday 1:25 A.M. I watched the movie "Flipper". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/10/12 Tuesday 11:05 P.M. I ate three scrambled eggs, and four strips of fried bacon, a toasted English muffin with extra virgin olive oil, and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 04/10/12 Tuesday 9:45 P.M. Forbes Insights

Microsoft starts XP retirement countdown

KLM Spring fares & a chance to win tickets

Food Stamp Program Helping Reduce Poverty - NYTimes.com

Geriatric Emergency Units Opening at U.S. Hospitals - NYTimes.com

BBC News - Trust pushes for open access to research

Welcome to the HSBC Global Site | HSBC Holdings plc CIO

Note: <888> 04/10/12 Tuesday 8:35 P.M. I chatted with a relative.

I made my second of four payments on my www.geico.com automobile insurance six month policy that is due on May 8, 2012. Paying bills ahead of time is like saving money. CIO

Note: <888> 04/10/12 Tuesday 7:35 P.M. I threw out the garbage. I chatted with neighbors. I picked up the mail. CIO

Note: <888> 04/10/12 Tuesday 6:40 P.M. I drove about 27 miles in my travels this past Easter Sunday. I will now shower and clean up and put foot cream on my feet. Of course the various governments with observation satellites have been able to track people for decades. One can search the term "IBM King St. Armonk, New York" at Google Maps to figure out that I am not the only computer person in the area. CIO

Note: <888> 04/10/12 Tuesday 6:05 P.M. [Prison Planet.com](#) » [New Microchip Knows Your Location To Within Centimeters](#) CIO

Note: <888> 04/10/12 Tuesday 5:30 P.M. I ate a day old muffin. Legal residents of the state of Florida have to spend 6 months and 1 day a year in Florida to establish their legal residence, so they don't pay state inheritance tax on their estates. I was told there is no state income tax in Texas. CIO

Note: <888> 04/10/12 Tuesday 5:05 P.M. I rested and watched television. I got a notice that the contractor working on the second elevator in the building is going to shut off the water to the second floor tomorrow morning for at least 1.5 hours. Sometimes people get bored with all of the excitement on Greenwich Avenue and prefer to stay home in their quiet peaceful domains. CIO

Note: <888> 04/10/12 Tuesday 12:10 P.M. I woke up at 10:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/10/12 Tuesday 2:00 A.M. I watched "The Agora". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/09/12 Monday 10:45 P.M. I had saved 16 ounce slices of uncooked prime rib of beef in the freezer from my Christmas roast. I had defrosted one, and I was going to eat it for my Easter dinner yesterday, but since I went out to dinner, so I did not eat it. Just now I ate a 16 ounce sautéed medium rare prime rib of beef with Lea and Perrins Worcestershire sauce and my usual steamed flavored rice mixture with steamed baby carrot cut lengthwise slices and broccoli crowns with extra virgin olive oil and a 12 ounce glass of diet [www.coke.com](#) and a cup of green tea with Splenda sweetener and Borden's lemon juice. I have lots of protein for extra energy. CIO

Note: <888> 04/09/12 Monday 9:05 P.M. I chatted with a relative.

[Sony LED LCD TVs and 3D TVs | Sony Store USA](#)

[BBC News - On the trail with Bigfoot-hunters](#)

[BBC News - Facebook buys Instagram photo sharing network for \\$1bn](#)

BBC News - Microsoft buys and licenses AOL patents in \$1bn deal

BBC News - 200,000 Titanic-related records are published online

BBC News - Warning over medical implant attacks CIO

Note: <888> 04/09/12 Monday 7:30 P.M. I made 157 Premier Lights 100 MM filter Peter Stokkebye Turkish pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg . CIO

Note: <888> 04/09/12 Monday 4:45 P.M. I woke up at 3:30 P.M.. I chatted with a relative. I made my bed. I ate a 18.8 ounce can of Campbell's Harvest Select clam chowder with parsley and a Kaiser roll with Smart Balance Spread and a 12 ounce glass of Schweppes Ginger Ale. I will now shower and clean up and put foot cream on my feet. I will then throw out the linen boxes and the garbage. I will pick up the mail. I will then make cigarettes. CIO

Note: <888> 04/09/12 Monday 8:10 A.M. I will try to rest some more. CIO

Note: <888> 04/09/12 Monday 7:40 A.M. Mike Wallace, '60 Minutes' star interviewer, dies - GreenwichTime CIO

Note: <888> 04/09/12 Monday 7:20 A.M. I woke up at 4 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I took the old set of red Ralph Lauren bath towels and blue hand towels out of the bathroom. I never used them, but just had them hanging for display purposes. I put in the set of light salmon towels, hand towels, and wash clothes that my relative gave me. I stored the old set of towels and the extra linens that my relative gave me in the 17 gallon black storage bin with green lid on the bedroom window shelf. Thus the bathroom is more color coordinated. I am using a large light lemon bath towel for my primary bath towel. CIO

Note: <888> 04/08/12 Sunday 9:10 P.M. I ate a 19 ounce Marie Callender meat, cheese and tomato lasagna with grated Parmesan and Romano cheese and a 12 ounce glass of diet www.coke.com . I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

Note: <888> 04/08/12 Sunday 6:45 P.M. I went out after the last note. I picked up my friends elsewhere in Greenwich. We then drove out to Tod's

Point in Old Greenwich which was quite crowded. The bathroom facility in the southwest picnic area is not yet finished. We walked around the southwest picnic area. We then drove over to the southeast picnic area. I used the bathroom. We sat out for a while on a picnic bench enjoying the day. We then drove over to the Old Greenwich train station, and my friend caught the 5:05 P.M. train into Manhattan. I then returned home. I chatted with a relative. CIO

Note: <888> 04/08/12 Sunday 2:10 P.M. My relatives arrived at 12:45 P.M.. We went to Méli-Mélo of Greenwich on Greenwich Avenue next to the Apple Computer store which is closed today. I ate the chicken curry salad with a glass of water which cost \$11 plus tip. My relatives treated me to the Easter dinner. I will be picking up my friends at 3 P.M.. I brought up two cardboard boxes of linens that my relatives gave me. CIO

Note: <888> 04/08/12 Sunday 12:20 P.M. \$249.98 Sceptre 32" Class LED-LCD 1080p 60Hz Pink HDTV - Walmart.com CIO

Note: <888> 04/08/12 Sunday 11:45 A.M. I chatted with a relative, they will be here about 12:45 P.M.. CIO

Note: <888> 04/08/12 Sunday 10:50 A.M. I woke up and chatted with a friend at 8 A.M.. I finally woke up at 9:30 A.M., and I chatted with a relative. Two other relatives are going to be stopping by my apartment at noon to take me out to lunch. I have to pick up two other friends at around 3 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/08/12 Sunday 7:00 A.M. I am going to try to sleep some more. CIO

Note: <888> 04/08/12 Sunday 6:40 A.M. I cancelled this order to be sent to a relative \$26.27 with free shipping Amazon.com: Kidde KN-COPP-B-LPM Battery-Operated Carbon Monoxide Alarm with Digital Display: Home Improvement , and instead I am sending this order to the same relative \$19.89 with free shipping Amazon.com: Kidde KN-COPP-B-LPM Battery-Operated Carbon Monoxide Alarm with Digital Display: Home Improvement . I do not need one for myself, since I do not have natural gas in my apartment, and I do not have an automobile garage attached to my

building. However, there is natural gas in the building in the community room, but that is pretty far from my apartment. CIO

Note: <888> 04/08/12 Sunday 6:10 A.M. I ate 8 Triscuit crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese.

Back in the 1960s, my family attended the Round Hill Community Church, Greenwich, Connecticut . However, my branch of the Scott family has parted to the four winds over the years, and lived many other places, so we are not commonly associated with the Round Hill Community Church in Greenwich. Some member of my family are established at Saint Ann's Episcopal Church, Kennebunkport Maine , since with the much higher taxes in Greenwich, Connecticut, they can no longer afford to live here anymore. After having done my major in Economics to get a B.A. from www.lfc.edu , I did a minor in Fine Arts which involved traveling in Europe, where I studied and visited many old Christian places that many people are familiar with here in America. The Round Hill Community Church was partially financed in its founding by a granddaughter of J. P. Morgan - Wikipedia, the free encyclopedia , so the church manages to get by without the Scott family help. CIO

Note: <888> 04/08/12 Sunday 5:10 A.M. Happy Easter. I woke up at 3 A.M.. I ate 8 chocolate chip cookies. I rested a bit more until 5 A.M.. I guess I will work on the computer some, before maybe resting some more. CIO

End of Scott's Notes week of 04/07/12:

Note: <888> 04/07/12 Saturday 10:40 P.M. I ate a day old scone.

I will now send out my weekly notes.

I will then shut down the primary work computer, and I will go to bed soon.

I have guests that I will be picking up around 3 P.M. tomorrow afternoon. CIO

Note: <888> 04/07/12 Saturday 9:55 P.M. I threw out the garbage. I went downtown. I chatted and walked with a regular walker on lower Greenwich Avenue. I used the bathroom at Starbucks. I went by the Stop and Shop, and I bought bananas for .79 a pound for \$1.30 and a six pack of whole wheat Stop and Shop English muffins for \$1.50 for \$2.80. I returned home. I picked up the mail. I chatted with a relative. I ate a 16 ounce



Stouffer's stuffed peppers with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 04/07/12 Saturday 4:00 P.M. The deal was sold out, but I ordered another one at regular price with free shipping for a gift for a relative \$26.27 with free shipping Amazon.com: Kidde KN-COPP-B-LPM Battery-Operated Carbon Monoxide Alarm with Digital Display: Home Improvement CIO

Note: <888> 04/07/12 Saturday 3:45 P.M. I ordered \$19.89 with free shipping Amazon.com: Kidde KN-COPP-B-LPM Battery-Operated Carbon Monoxide Alarm with Digital Display: Home Improvement

I will now shower and clean up and put foot cream on my feet and go out for a walk. CIO

Note: <888> 04/07/12 Saturday 3:00 P.M. I woke up at 1 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/07/12 Saturday 4:30 A.M. I watched "The Conspiracy to Rule the World, From 911 to the Illuminati". I will now shut down the primary work computer, and I will go to bed soon.

According to 7-Day Forecast for Latitude 41.07°N and Longitude 73.65°W, we need some rain National Weather Service Watch Warning Advisory Summary. CIO

Note: <888> 04/07/12 Saturday 2:15 A.M. I ate a couple of day old scone. CIO

Note: <888> 04/07/12 Saturday 1:50 A.M. Foods that May Lower Risk of Dementia Slideshow - Keep Brain Healthy - AARP

\$119.99 and free shipping Newegg.com - Acer G235HAbd 23" 5ms 1920x1080 WideScreen LCD monitor 300 cd/m2 1000:1

\$264.99 with free shipping Newegg.com - 3 DAYS ONLY! \$264.99 Toshiba 32" TV, \$379.99 Acer 4GB Laptop, \$29.99 TRENDnet Switch

To Fill Out Its App Store, Microsoft Wields Its Checkbook - NYTimes.com

BBC Nature - World's rarest ducklings Madagascar pochards hatch CIO

Note: <888> 04/07/12 Saturday 12:40 A.M. I ate a Stouffer's 18.25 ounce five cheese lasagna with grated parmesan and Romano cheese sauce and a 12 ounce can of diet [www.coke.com](http://www.coke.com) and a cup of green tea with splenda sweetener and Borden lemon juice. CIO

Note: <888> 04/06/12 Friday 11:50 P.M. Republican Committee Fund-Raising Has Big Turnaround - NYTimes.com

I put away the laundry. CIO

Note: <888> 04/06/12 Friday 10:50 P.M. I went out after the last note. I went downtown, I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I played a number 28 Spin 3 scratch card for a dollar, but I lost. I stopped by CVS, and I bought four 8.5 ounce bags of 60% reduced fat Chex mix for \$1.50 each for \$6 total. In the rear of the store opposite the photography department, they still have one black faux leather office chair for \$20 half price a lot of black with green top 17 gallon storage bins for \$4 each. I used the bathroom at CVS. MACINSPIRES was in the process of moving in at the top of Greenwich Avenue at the new building just south of the Pickwick Plaza. The new Mexican restaurant just north of them have a "Now Hiring" sign in the window. On the way down Greenwich Avenue, I stopped by CVS again, and they have a pot of five tulips there for \$8.99, but I was told by a customer, they are three pots for \$10 at the A&P Fresh. I sat out for a while after I finished my walk. I then went by the A&P Fresh, and I bought a six inch pot of five just opening pink and white tulips for \$3.33 and .21 tax for \$3.54 total. I then returned home. I picked up the mail. [www.pcrichard.com](http://www.pcrichard.com) wants \$43 to renew my Frigidaire air conditioner contract another year starting May 28, 2012, when the old policy expires. I will not renew it though. I chatted with a relative. I put the pink and white tulips on top of the Sony television in the living room sitting in a white bowl. I put clean linens on my bed. I started two loads of laundry. I have 40 minutes to go on the dry cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

Note: <888> 04/06/12 Friday 5:35 P.M. \$249.98 RCA Class LCD 1080p 32LA45RQ HDTV - Walmart.com

Today only AOC LC32W063 32 Class LCD HDTV - Hospitality Mode, 720p, 1366x768, 16:9, 25000:1, 5ms, 60Hz, 3 HDMI at TigerDirect.com for \$199.97 with coupon code "JAU58294" and \$16.55 shipping.

I will now shower and clean up and put foot cream on my feet. I will then go out for a walk. CIO

Note: <888> 04/06/12 Friday 4:50 P.M. I woke up at 2:30 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I watched a documentary on Rubert Murdoch Rupert Murdoch - Wikipedia, the free encyclopedia on Bloomberg Television: Live TV - Bloomberg .

Now that it is warming up in the north country, people are returning to

Kennebunkport, Maine, Scott's Internet Hotlist

Kennebunkport, Maine, Scott's Internet Hotlist where one of the primary businesses is Shipyard Brewing Company . CIO

Note: <888> 04/06/12 Friday 4:10 A.M. I ate a day old scone. I stored away the two www.army.mil sleeping bags good to minus 30 degrees Fahrenheit. I stored the Russian and the Chinese winter caps on the top shelf of the right side living room closet. I put the tray with the winter hats, gloves, and scarves on the lower level of the www.harvard.edu chair in front of the stereo system. I took the new black laptop breakfast tray from the kitchen, and I put it across the arms of the Harvard chair. I moved the HDTV Acer 22 inch LCD monitor to on top of the breakfast chair on the Harvard chair. Thus it is at eye level for viewing from the Ethan Allen recliner with a much sharper picture, when one looks at it straight on. I dusted the Acer 22 inch monitor, the Sony television, the two Dell 20 inch monitors on the primary work computer, and the Acer 19 inch monitor on the FIC server. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/06/12 Friday 3:00 A.M. I ate a day old scone.

Forbes Classes

NEMOH - Numerical, Experimental and stochastic Modelling of vOlcanic processes and Hazard

UTAS - University of Tasmania, Australia

Global Volcanism Program | Volcanic Activity Reports | Smithsonian / USGS Weekly Volcanic Activity Report |

BBC News - US Coast Guard sinks tsunami 'ghost ship'

BBC News - LHC is back with big energy boost

BBC News - T. rex relative is biggest ever feathered animal

BBC News - Titanic wreck gets Unesco protection

BBC News - CO2 'drove end to last ice age'

BBC News - Half a million Mac computers 'infected with malware'

I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/06/12 Friday 2:00 A.M. Winston Flowers is now opened just north of the Belgium Bakery on Greenwich Avenue Store Locations | Winston Flowers

Optimum Online - WiFi - Find Location

I ordered OPTICAL MOUSE MICE PAD MAT MOUSEPAD SILICONE SOFT BLUE eBay - New & used electronics, cars, apparel, collectibles, sporting goods & more at low prices for \$4.99 with free shipping. CIO

Note: <888> 04/06/12 Friday 1:05 A.M. I noticed the kitchen automatic hand soap dispenser was not working. I took it apart, and the clear rubber tube that runs through the pump was clogged. I used a thin coat hanger, and I unclogged the tube with hot water too, but I could not reassemble the device, since the end of the rubber tube would not stay on the base unit half inch long nipple and kept sliding off. I put the parts in a plastic bag on top of the Ritz crackers underneath the toaster at the kitchen entrance. Technically one could try to keep the rubber tube on with a small hose clamp that would be difficult to install in the interior base unit. I guess the CVS antibacterial soap clogged the unit. Possibly one should use a 50% antibacterial soap and 50% water mixture. The other bathroom unit still works though, but it is a different model. I moved the Lysol antibacterial soap dispenser from the bathroom sink to the right side of the kitchen sink. CIO

Note: <888> 04/05/12 Thursday 11:15 P.M. Calypso 26 inch 1080P HDTV \$183.96 Kitchen Tradition - Appliances, Electronics, Vacuums in Monsey, New York and Mahwah NY

I threw out the garbage. I went by the Stop and Shop, and I bought a four pack of day old muffins for \$2.25, a four pack of day old sconces for \$1.25, from the clearance shelf in the frozen food aisle two 40 packs of Militia white coffee filters for \$1.10 each and .14 tax for \$5.44 total. They still do not have 48 ounce containers of Quaker Old Fashioned oatmeal for \$4.99. I went across the street to the A&P Fresh, and I bought two 48 ounce Quaker Old Fashioned oatmeals for \$5.49 for \$10.98 total. I was told that the old Greenwich Radio station building next door that has been restored is going to be a health club. I then went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I found a genuine United States of America One Dollar Bill in front of the Belgium Bakery on lower Greenwich Avenue. It is from the Federal Reserve Bank of Cleveland, Ohio serial number "D 66161218 F". Since it has three sixes in the serial number, I call it the Devil's Dollar Bill. Pinkberry on lower Greenwich Avenue Pinkberry Frozen Yogurt | Pinkberry Location | Greenwich is very popular with the after dinner crowd. I chatted with repair people working on the front doors of the Apple computer store. I recommended bullet proof glass from Diebold - Self-service, security and service solutions . The repair people claimed that one could not break the glass doors, which everyone in the area knows is not true. I recommended them installing insulation strips on the sides too, so they would not loose heat and cooling out of the building. I toured CVS, and I chatted about photography with the photography department. If you go in there when they are not too busy, one notices all sorts of items that one does not notice, when they are busy. In the center aisle they have the 10 inch non stick green frying pans for \$20. The new consignment shop is opened on upper Greenwich Avenue with a full stock of items including lots of modern jewelry. Officer Raccoon was patrolling the small park across the street from CVS. It seemed to be a full moon out. I sat out briefly, but I forgot to wear a sweater, so it was a bit chilly out. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$13.01 of self service premium V-Power gasoline for \$4.599 a gallon for 2.829 gallons 33.9 miles driving since Tuesday March 27, 2012 at odometer 69773 miles for 11.983 miles per gallon in mostly local traffic. I then returned home, and I put away my purchases. CIO

Note: <888> 04/05/12 Thursday 7:20 P.M. I ate the Dinty Moore beef stew and steamed flavor rice mixture with a 12 ounce glass of diet www.coke.com . I chatted with a relative. I will now go downtown for a walk. CIO

Note: <888> 04/05/12 Thursday 6:10 P.M. I made 121 Premier Lights 100 MM filter Peter Stokkebye Norwegian and Turkish pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg . CIO

Note: <888> 04/05/12 Thursday 4:35 P.M. I threw out the garbage. I chatted with neighbors and the building custodian. I picked up the mail. I will now make cigarettes. CIO

Note: <888> 04/05/12 Thursday 3:25 P.M. I chatted with a friend. I will be picking up some friends and taking them for a drive around 3 P.M. this coming Sunday Easter afternoon. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/05/12 Thursday 2:45 P.M. I woke up at 1 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/05/12 Thursday 2:30 A.M. I ate eight chocolate chip cookies. I watched "Sherlock Holmes, The Eligible Bachelor". I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/04/12 Wednesday 11:50 P.M. If you know anyone missing in Florida, you might look here Latest Florida Arrests CIO

Note: <888> 04/04/12 Wednesday 11:05 P.M. On my first trip to Florida on my own during the third week of September in 1976, I had already filed for unemployment insurance in Stamford, Connecticut from my previous employer of Daniel Construction in Greenville, South Carolina. I had limited funds, but I had Allstate Insurance of my 1966 Chevrolet Biscayne, so I was able to cash a \$20 check at any www.sears.com store on the way down to Florida or in Florida. Thus I saw a number of Sears stores. I already knew Arthur Wood Junior who had gone to www.harvard.edu and his father at the time was the President of Sears. When I arrived in Fort Lauderdale, Florida, I maintained a low profile. I refiled for unemployment insurance in Fort Lauderdale, Florida, but it did not arrive in the mail in Key West, Florida until April 1977, so I was in Florida on minimal funds. I met Wiley Middleton who was a retired www.cadillac.com dealer from Manhattan, and he was friends with Brian Hibbs who was my age. Brian advised against staying in Florida in the summer, because the heat was so bad, one had to cool off underneath the shower every hundred yards on Fort Lauderdale Beach. Brian was from Cheshire, Connecticut, and he grew up a "Towny" around the www.yale.edu

campus. Brian's father worked for the John Hancock Insurance company out of Boston. Thus at Halloween Time in 1976, when I made my first trip down to Key West, Florida, it was with Brian Hibbs. Everything was boarded up, and there were not many people around. Although I knew Rob Glore in Key West, I did not look him up. Jimmy Eldert did not show up in Key West until about February 1977, when it was busy. The renovation of the Casa Marina Hotel was being done by a friend of Jimmy Eldert's name Chris Ray. Chris later died in a plane wreck in Lake Placid, New York where he was helping build the Winter Olympics compound there. Jimmy Eldert's family owned a bank in New York State. The Casa Marina Hotel renovation for the Marriott Hotel chain was being financed by the Equitable Life Insurance Company out of Chicago. When I was down in Key West around Jimmy Eldert's friend, Brian Hibbs showed up out of Fort Lauderdale, Florida, but Jimmy did not like him, so Brian left shortly there after. Since the most frequent car around the Casa Marina Hotel, when I was in Key West, Florida was a black Mercedes sedan from Missouri, I assume other people from the Midwest were also there along with a lot of Canadians. CIO

Note: <888> 04/04/12 Wednesday 10:10 P.M. \$359.99 with free shipping KDL-32BX420 | REFURBISHED - 32" Class (31.5" diag.) BRAVIA BX420 | Sony | Sony Style USA

\$399.99 with free shipping KDL-32EX400 | REFURBISHED - 32" BRAVIA EX400 Series HDTV | Sony | Sony Store USA

I am just about ready to eat the Dinty Moore beef stew and steamed flavor rice mixture with a 12 ounce glass of Schweppes Ginger Ale. CIO

Note: <888> 04/04/12 Wednesday 9:30 P.M. \$354.99 free shipping Newegg.com - Refurbished: Sony Bravia 32" Class (31.5" Diag.) 1080p 60Hz LCD HDTV KDL-32BX421 CIO

Note: <888> 04/04/12 Wednesday 8:25 P.M. I woke up at 6:30 P.M.. I chatted with a relative. I made my bed. I showered, and I cleaned up, and I put foot cream on my feet. CIO

Note: <888> 04/04/12 Wednesday 3:50 P.M. I took a refrigerated 5 ounce can of Bumble Bee solid white albacore tuna fish, and I opened it up, and I ran cold water over it with the lid still in place, pressing the lid down to drain off the water. I then flaked it into mixing bowl. I added a small amount of Old Bay Seasoning, celery salt, and Italian seasoning, and I mixed it all together, and I added two large tablespoons of Hellmann's mayonnaise with extra virgin olive oil, and I mixed it all together. I toasted lightly four slices of white bread, and I made two sandwiches out of the tuna fish cutting them

in half. I ate the tuna sandwiches with 1/4th of a 6.2 ounce tube of Pringles salt and vinegar potato chips and a dill pickle slice and a 12 ounce glass of diet [www.coke.com](http://www.coke.com) . I threw out the garbage. I picked up the mail.

My electricity usage at [www.cl-p.com](http://www.cl-p.com) in March 2012 was \$113.53 and 709 kWh and 25.32 kWh per day for 28 days with an average temperature of 48.8 degrees Fahrenheit. In March 2011, it was \$145.18 and 862 kWh and 29.72 kWh per day over 29 days with an average temperature of 40.6 degrees Fahrenheit. I will now take a nap. CIO

Note: <888> 04/04/12 Wednesday 2:35 P.M. I took the 7.5 pound whole Wisconsin Angus eye round of beef, and I trimmed 1.5 pounds of fat off of it. I then used a serrated knife, and I cut it into one inch thick slices. I then cut it into inch cubes filling the Cuisine Art one third full at a time and running it on about a 15 second cycle to grind it and then I stir it with a large plastic spoon, and I run it on about a 7 second cycle. I then weigh out 6 to 8 ounce amounts with my kitchen scale, and I form them into balls which I flattened into about .75 inch thick hamburger patties. I flip them several times while shaping them on both sides. I then put each one in two baby carrot bags, and I froze all of them for 15 six to eight ounce frozen lean hamburgers. They are on the left bottom front of the freezer, and the three older ones are on the refrigerator door shelf. CIO

Note: <888> 04/04/12 Wednesday 12:05 P.M. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/04/12 Wednesday 2:40 A.M. I ate a Marie Callender 15 ounce glazed chicken and sweet potato and broccoli dinner with a 12 ounce glass of Schweppes Ginger Ale. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/04/12 Wednesday 1:40 A.M. Your's Truly 20 years after Greece in 1992 and 20 years ago.

<http://mikelouisscott.com/mls-gw-92/>

<http://mikelouisscottcom.cv.siteprotect.net/mls-gw-92/> CIO

Note: <888> 04/04/12 Wednesday 1:00 A.M. Your's Truly in Greece in the Spring of 1972



<http://mikelouisscott.com/mls-greece-72/>

<http://mikelouisscottcom.cv.siteprotect.net/mls-greece-72/>

Greek Orthodox Easter Sunday this year is April 15, 2012, so it is not the same day as Western Christian Easter Sunday this year [Greek Easter - Greek Orthodox Easter Dates 2012, 2013, 2014 and beyond](#) . CIO

Note: <888> 04/04/12 Wednesday 12:20 A.M. [Canadian Prime Minister Stephen Harper Ignores Pollution Concerns About Keystone XL](#) | [ThinkProgress](#)

[Prime Minister of Canada in English](#) CIO

Note: <888> 04/03/12 Tuesday 11:50 P.M. The Stop and Shop is sold out of 48 ounce containers of Quaker Old Fashioned oatmeal, but they still have 48 ounce containers of Quaker One Minute oatmeal, which I don't use. They also have Stop and Shop 26 ounce containers of Old Fashioned oatmeal for \$2.69. The A&P Fresh is sold out of 48 ounce containers of both types of Quaker oatmeal, but they have three 26 ounce containers of Quaker Old Fashioned oatmeal for \$2.99, and they also have 48 ounce containers of America's Choice old fashioned oatmeal for \$4.99 on sale. I guess a lot of people are eating Quaker Old Fashioned oatmeal.

[Mount Etna erupts for fifth time this year - video](#) .

If you can't afford to go to Barbados, this is available locally [Mount Gay - Rum Eclipse \(1.75L\) - Varmax Liquor Pantry \\$34.99](#) . I don't drink alcohol, but I know a lot of people in this area do drink alcohol, so I occasionally do a survey of [Buy Wine Online, Wine Gifts, Wine Events - Varmax Liquor Pantry](#) . A good indicator of price inflation is [2010 Mouton-Cadet - Bordeaux White \(1.5L\) - Varmax Liquor Pantry](#) which has doubled in price in the last few years. I imagine since gasoline is much higher in Europe, the Europeans do not drive as much as we do, so they probably drink more wine and alcohol. New York City people since a lot of them do not have cars also tend to drink more wine and alcohol. I think this might be how the Rothschilds [Prison Planet.com » Rothschilds & Rockefeller - Trillionaires Of The World make some money \\$1,299 2008 Château Mouton-Rothschild - Pauillac - Varmax Liquor Pantry](#) . Since they have been professional smugglers since the French Revolution, they are also good at hiding it. I have a bottle of this in the refrigerator [\\$7.99 NV Viña San Pedro - Chardonnay Lontué Valley Gato Negro \(1.5L\) - Varmax Liquor Pantry](#) that I keep chilled for special occasions. And for half the price at [\\$3.99 2010 Viña San Pedro - Chardonnay Lontué Valley Gato Negro - Varmax Liquor Pantry](#) . I got use to drink white

wine, when after being in Europe drinking red wine in 1972, I found out that white wine gives less of a hangover. I used to drink white wine with soda water which is known as a Spritzer - Wikipedia, the free encyclopedia . I use to have a regular tulip wine glass with 50% white table wine and 50% soda water. CIO

Note: <888> 04/03/12 Tuesday 10:25 P.M. I went downtown to the Great White Way of Greenwich Avenue to CVS. I bought four 12 packs of 12 ounce Sprite all natural lemon lime soda for \$3 a 12 pack and \$2.40 can deposit less a \$9 CVS Bonus Bucks credit and .06 tax for \$5.46 total. I then used the bathroom at CVS. I then bought a 200 count of Splenda sweetener for \$6.99. I then went further downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with someone from England who just got back from Barbados. I stopped by CVS again, and I bought two 15 ounce packages of Golden Oreo white cream cookies for \$3 each for \$6 total. On the way down Greenwich Avenue, I chatted with a proprietor opening a Consignment Shop just south of the top of Greenwich Avenue on the West Side where T-Mobil used to be. I then sat out for a while. A raccoon walked behind me. I chatted with a relative on my wireless telephone. I then viewed the activity at Starbucks. I chatted with a dog walker. I then went by the A&P Fresh. I bought four 18.25 ounce Stouffer's five cheese lasagnas for \$2.50 each and a whole eye round of Wisconsin Angus beef for \$2.99 a pound \$21.74 for \$31.74 total. I then returned home. I chatted with a neighbor. I used my little folding cart from the back of the Audi bring up my purchases. I put them away. I put the folding cart in the trunk of the Audi. I will make hamburgers out the eye round of beef tomorrow and freeze them. CIO

Note: <888> 04/03/12 Tuesday 6:40 P.M. I ate a 16.5 ounce Marie Callender beef pot pie with a 12 ounce glass of diet www.coke.com . I will now go downtown to see all my internet fans and view the 17 red tulips that have come up so far. In the old days, the Dutch used tulip bulbs for money. However, the tulip originally came from Persia, so they probably use tulip bulbs in Persia for money too. CIO

Note: <888> 04/03/12 Tuesday 5:40 P.M. Encyclopaedia Britannica - The Final Print Edition - The Britannica Store

8 reasons why Windows 8 may not be ready for the desktop

Buy.com - Dr. Tech Professional Wireless Weather Station with Solar Sensor Suite

Newegg.com - Weekly Specials- \$89.99 20" Monitor, \$299.99 Lenovo PC, and More Deals up to 80% OFF!

Justices Approve Strip-Searches for Any Offense - NYTimes.com

BBC News - Evidence of 'earliest fire use'

BBC News - Self-sculpting sand robots are under development at MIT CIO

Note: <888> 04/03/12 Tuesday 4:50 P.M. I threw out the garbage. I went to the Stop and Shop. I bought a 8 pack of hot dog rolls for \$1.69, a 59 ounce bottle of Simply Orange orange juice with mango for \$3, two 10 ounce bars of Cracker Barrel Vermont Extra Sharp cheddar cheese for \$2.50 each, four 5 ounce cans of Bumble Bee solid white albacore tuna fish for \$1 each, two 64 ounce Ocean Spray Crangrape juice for \$2 each, two 64 ounce Ocean Spray Cranraspberry juice for \$2 each, four 16 ounce Ronzoni linguine for \$1 each, a 10 ounce bottle Kikkoman soy sauce for \$2.29, a two pound bag of baby carrots for \$2.50, bananas for .79 a pound for \$1.11, broccoli crowns for \$1.69 a pound for \$1.39, a bulb of garlic for .50, a white onion for \$1.99 a pound for \$1.51, and a 24 ounce bag of Gorton's minced fish filets for \$4.99 for \$39.98 total. I then returned home. I used my little folding wire cart that I brought with me to bring up my groceries. I picked up the mail. I put away my groceries. CIO

Note: <888> 04/03/12 Tuesday 2:25 P.M. I will now shower and clean up and put foot cream on my feet. I will then go downtown. CIO

Note: <888> 04/03/12 Tuesday 1:20 P.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

Note: <888> 04/03/12 Tuesday 2:00 A.M. I watched a movie called "The Skulls" that I guess is based on the Skull and Bones - Wikipedia, the free encyclopedia at www.yale.edu . Since Yale College was founded by Elihu Yale with money he made in India, maybe there is some connection to some secret society in India. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/02/12 Monday 11:10 P.M. I ate 15 Gorton's fish sticks with my usual steamed flavored rice mixture with steamed slices of baby carrots and broccoli crowns with olive oil and Smart Balance spread and a 12

ounce glass of diet 7-UP and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 04/02/12 Monday 9:30 P.M. HP UP TO 50%\* OFF STOREWIDE + BONUS DEALS!

Dynex 32 inch LED 720p HDTV \$199.99

[http://www.bestbuy.com/site/Dynex%26%23153%3B+-+32%26%2334%3B+Class+//+LED+//+720p+//+60Hz+//+HDTV/3054311.p?id=1218374932043&skuId=3054311&st=3054311&cp=1&lp=1&AID=10597222&PID=249294&SID=996565999&URL=http%3A%2F%2Fwww.bestbuy.com%2Fsite%2FDynex%2526%2523153%253B%2B-%2B32%2526%252334%253B%2BClass%2B%2F%2BLED%2B%2F%2B720p%2B%2F%2B60Hz%2B%2F%2BHDTV%2F3054311.p%3Fid%3D1218374932043%26skuId%3D3054311%26st%3D3054311%26cp%3D1%26lp%3D1&ref=39&CJPID=249294&loc=01](http://www.bestbuy.com/site/Dynex%26%23153%3B+-+32%26%2334%3B+Class+//+LED+//+720p+//+60Hz+//+HDTV/3054311.p?i d=1218374932043&skuId=3054311&st=3054311&cp=1&lp=1&AID=10597222&PID=249294&SID=996565999&URL=http%3A%2F%2Fwww.bestbuy.com%2Fsite%2FDynex%2526%2523153%253B%2B-%2B32%2526%252334%253B%2BClass%2B%2F%2BLED%2B%2F%2B720p%2B%2F%2B60Hz%2B%2F%2BHDTV%2F3054311.p%3Fid%3D1218374932043%26skuId%3D3054311%26st%3D3054311%26cp%3D1%26lp%3D1&ref=39&CJPID=249294&loc=01)

BBC News - US obesity 'higher than thought'

BBC News - New polar bear and tiger for Highland Wildlife Park

BBC News - Smart fabric for new soldier uniform CIO

Note: <888> 04/02/12 Monday 8:45 P.M. I chatted with a relative. CIO

Note: <888> 04/02/12 Monday 7:55 P.M. I made 123 Premier Lights 100 MM filter Peter Stokkebye Norwegian pipe tobacco cigarettes while watching Bloomberg Television: Live TV - Bloomberg . CIO

Note: <888> 04/02/12 Monday 5:40 P.M. I will now shower and clean up and put foot cream on my feet. I will then make cigarettes. CIO

Note: <888> 04/02/12 Monday 5:25 P.M. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. I threw out the garbage and the shipping box. CIO

Note: <888> 04/02/12 Monday 4:00 P.M. I went to bed after the last note. I woke up at 3:30 A.M., and I ate 8 chocolate chip cookies. I watched the movie "Bad Influence". I went to bed at 6 A.M.. I woke up at 2 P.M.. The order with tracking number of www.usps.com is

"9405511201080468170660" for the order for two Premier Light 100's Cigarette Tubes 5 Boxs 1000 Tubes filtered tubes RYO - GarryG for \$28.71 and \$6.50 shipping for \$35.21 total arrived. I picked up the mail. I went downtown to the Chase Bank at 19 West Putnam Avenue. I then went by the Wells Fargo Bank at Havemayer Place, and I paid my rent to the Greenwich Housing Authority. I then returned home. CIO

Note: <888> 04/02/12 Monday 1:15 A.M. I watched the Dominick Dunne program about the Dillard murder case in the Park Cities section of Dallas, Texas. I will now shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/01/12 Sunday 11:25 P.M. Not much news today. CIO

Note: <888> 04/01/12 Sunday 11:10 P.M. I chatted with a relative. I ate 15 Gorton's fish sticks with my usual steamed flavored rice mixture with steamed slices of baby carrots and broccoli crowns with olive oil and Smart Balance spread and a 12 ounce glass of Schweppes Ginger Ale and a cup of green tea with Splenda sweetener and Borden's lemon juice. CIO

Note: <888> 04/01/12 Sunday 8:55 P.M. I chatted with a relative briefly.

Note: <888> 04/01/12 Sunday 8:10 P.M. I packed the five pounds of Turkish pipe tobacco into 18 Ball quart Mason jars. CIO

Note: <888> 04/01/12 Sunday 6:55 P.M. I chatted with a relative. I mailed a letter to a relative in the mail room downstairs. CIO

Note: <888> 04/01/12 Sunday 5:55 P.M. I will now shower and clean up and put foot cream on my feet. CIO

Note: <888> 04/01/12 Sunday 5:25 P.M. I woke up at 4 P.M.. I ate breakfast of oatmeal with honey and a sliced banana and milk, a toasted English muffin with Smart Balance spread, a 50% to 50% glass of punch and cold filtered water with vitamins and supplements, a cup of coffee with Splenda sweetener and milk. I washed the breakfast dishes. I made my bed. CIO

End of Scott's Notes week of 04/01/12:

Note: <888> 04/01/12 Sunday 4:45 A.M. I printed out two copies of my Microsoft Money 2007 Income versus Spending report for March 2012, and I have one copy ready to mail to an interested relative. I used a forever stamp on the envelope.

Police Tracking of Cellphones Raises Privacy Fears - NYTimes.com

Woot@ : One Day, One Deal™ #tracked Haier Portable Air Conditioner \$298.89 plus \$5 shipping

Tracking number at [www.usps.com](http://www.usps.com) is "9405511201080468170660" for the order for two Premier Light 100's Cigarette Tubes 5 Boxs 1000 Tubes filtered tubes RYO - GarryG for \$28.71 and \$6.50 shipping for \$35.21 total.

BBC News - Survey gets a grip on dark energy

I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed soon. CIO

Note: <888> 04/01/12 Sunday 3:50 A.M. I ate a 14.5 ounce can of Campbell's spaghetti O's with meatballs that I seasoned with a small bit of garlic powder, Old Bay Seasoning, Italian seasoning, ground black pepper, celery salt, cayenne pepper, paprika, and Frank's hot sauce and a 12 ounce glass of diet 7-UP with Angostura Bitters. CIO

Note: <888> 04/01/12 Sunday 2:50 A.M. I copied backup files to both 16 gigabyte pen drives. I will store one off site at a later time. I ate 12 Triscuit crackers with .20 inch by 1.25 inch by 1.25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. I watched Connecticut Public Television rebroadcast of Paul McCartney's White House concert and then the rebroadcast of Paul McCartney and Wings at CitiField in New York City. I had not seen any of his concerts on television over the years, since I have been busy on computers, but he seems to be good as ever, and a lot of people still seem to like him. The Beatles were basically my first introduction to British Culture, when I was a teenager. CIO